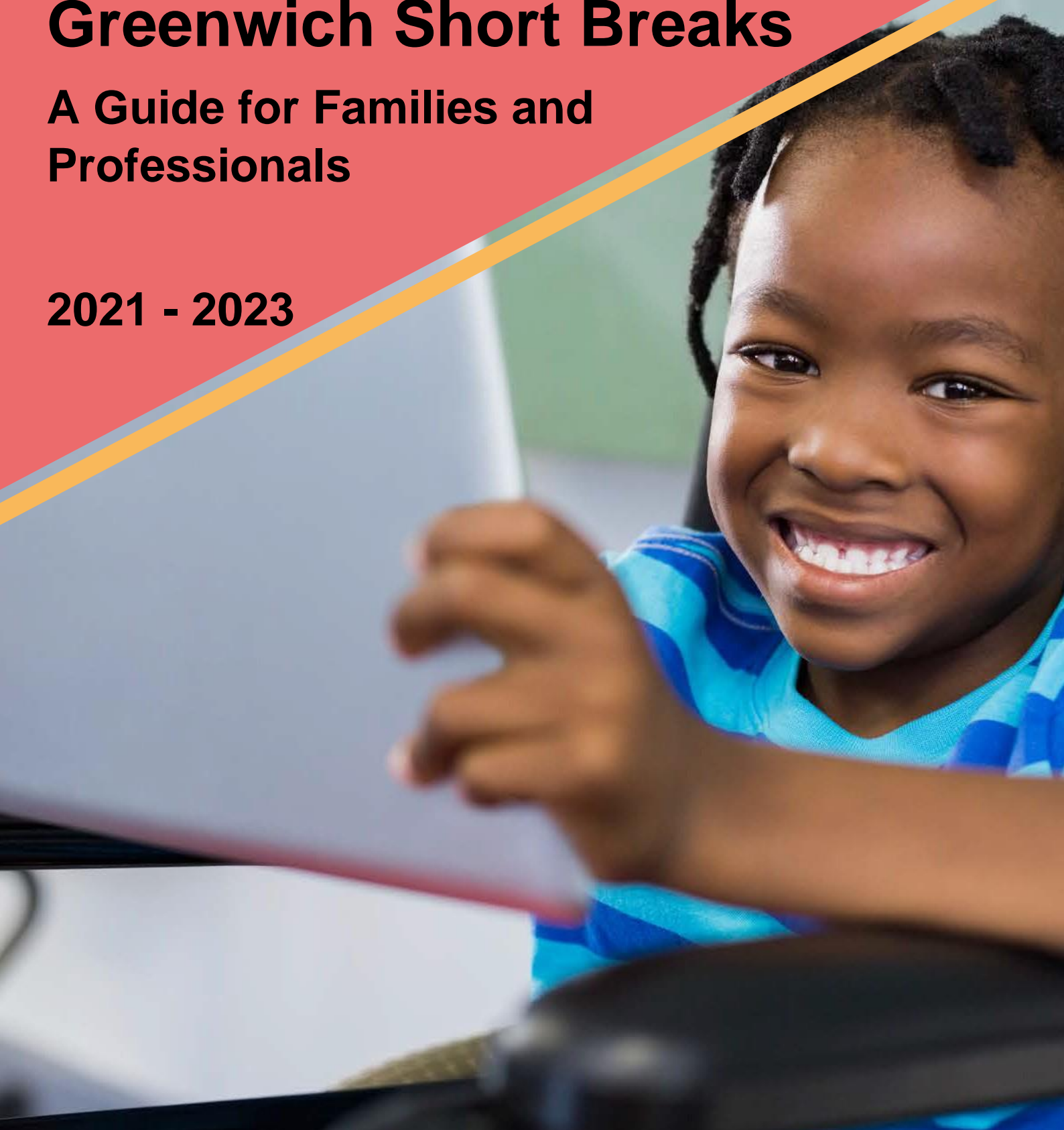


Greenwich Short Breaks

A Guide for Families and
Professionals

2021 - 2023



royalgreenwich.gov.uk




ROYAL *borough of*
GREENWICH

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***Please note that the information in this guide is often updated and subject to change. If any details for the providers are incorrect, we will endeavour to bring them up-to-date as soon as possible.**

Short Breaks in Greenwich – a quick guide

What are Short Breaks?

Short Breaks are designed to help families to care for their disabled children by providing them with regular breaks. This is so that they can meet the needs of other children in the family; study or take part in leisure activities themselves; or carry out day to day household tasks. RBG also want short breaks to help to make sure children and young people access positive, meaningful activities.

Who can access?

Anyone aged 4-17 who lives in Greenwich and has an Education, Health and Care (EHC) plan can register for Short Breaks. To register, contact the Short Breaks team, or download the registration forms on the Local Offer website (details below).

How much does it cost?

The commissioned short breaks are heavily subsidised by RBG. The only cost to families is the access fees, which are set by the providers themselves. This currently ranges from £1.70 - £5 per hour.

How do I know what will be suitable for my child?

The activities in this guide are categorised into “specialist” and “targeted”.

Targeted services are aimed at children and young people who aren't able to access mainstream activities, and who require a bit more support to take part.

Specialist services are aimed at children and young people who have more complex needs – this can be severe ASD, severe learning difficulties and/or complex medical needs. These programmes can typically provide 1:1 staffing and the child is usually in receipt of a care package from the Local Authority.

Some providers have both specialist and targeted spaces available in their sessions. They can work with families to identify which is the most appropriate for their child.

What activities are on offer?

There are 8 organisations across Greenwich which provide Short Breaks for disabled children and young people. Information can be found about each of them below.

Is there a website?

The Greenwich Local Offer has all of the information you need on the Short Breaks services: <https://greenwichcommunitydirectory.org.uk/kb5/greenwich/directory/localoffer.page?localofferchannel=0>

Who can we contact?

For any queries or to register for the service, contact the Short Breaks team by emailing Short-Breaks-Referrals@royalgreenwich.gov.uk or call 0208 921 3002.

Specialist

Weekends

School Holidays

Summer

All Kids Can

Shooters Hill College
Ages 10-17



What do they offer?

Saturday Clubs - Our Saturday clubs run in 5 week blocks typically during term time between half term holidays. The sessions run from 9-2pm every Saturday and consist of various types of on-site and off-site activities such as cooking, arts and crafts, sensory activities, multisport sessions, music and performing arts as well as trips out to places such as zoo/farm trips, bowling, trampoline parks, museums, parks and seaside trips (weather permitting!). They run from 9am – 2pm for 5-week blocks.

Holiday Club - Our holiday clubs take place during school holidays throughout the year including February, Easter (2 weeks), May and October half terms. Activities are similar to the Saturday clubs with guaranteeing two trips off site per week (minimum). They run from 9.30am – 3pm every school holiday (excluding Christmas).

Summer Clubs - Our Summer holiday clubs typically run throughout the month of August in the school/college summer holidays for 4 weeks back-to-back. Activities will include similar to the holiday clubs above as well as trips to different seaside's every week!

How can they help your child? AKC is a trusted, specialist provider of Shorts Breaks with over 10 years of working with disabled children and adults. They have a vast range of skilled consistent staff to support a range of SEN children with a wide variation of needs and disabilities. Whatever the needs of your child, AKC will endeavour to provide the opportunity to experience an array of activities in a safe environment. All courses are designed specifically for the needs of the group at the time so all can be included.

Session Length: 5 hours - Saturdays, 5.5 hours - school holidays; *100 hours equates to 20 sessions per year with AKC.*

Cost: £20 per session. Transport to and from home can be purchased for an additional £20 per session.

The ideal short break for: Young people aged 10-17 years old with all types of needs and disabilities who require higher levels of support and that are looking at accessing a range of on-site and off-site activities and trips. Specific needs of our students typically include ASD, learning difficulties and/or complex medical/health needs.

Contact Details:

Email: shortbreaks@allkidscan.co.uk

Tel: 0208 836 8960

Website: www.allkidscan.co.uk

Targeted & Specialist

School Holidays

Summer

Brighter Futures Project

Gunnery Terrace, Cornwallis Road, Woolwich
Ages 14 -17



What do they offer? Brighter Futures Project provide a range of activities for young people with complex medical needs, ASD, and/or learning difficulties during school holidays throughout the year. Our sessions take place at our centre in Woolwich as well as in the community and in some cases through online social activities to keep members connected.

How can they help my child? As a specialist centre supporting young people with learning disabilities, BFP is closely linked with Compass Supported Living, a service providing bespoke homes for adults with learning disabilities. We can offer high levels of support from qualified and experience staff. Our service is designed to work with young people transitioning to adulthood which we do by offering targeted support to achieve agreed outcomes.



Session Length: 4 hours; *100 hours equates to 25 sessions per year with BFP.*

Cost: Targeted space £10, specialist space £20 per session. BFP will work with the family to determine if a child requires a targeted or a specialist space.

The ideal short break for: Young people (14+) with complex needs, ASD, learning difficulties and those transitioning into adulthood. Our centre is wheelchair accessible and therefore suitable for those with mobility issues.

Contact details:

Email: info@brighterfuturesproject.co.uk

Tel: 020 8191 9622

Website: <https://brighterfuturesproject.co.uk/>



Targeted

Weekends

School Holidays

Summer

Charlton Athletic Community Trust (CACT)

Avery Hill Youth Club, Eltham
Ages 13-17



What do they offer? Fun, positive experiences and activities throughout the year. Sessions take place during school holidays and on Saturdays. Activities on offer include cinema trips, mini-golf, trampolining, bowling, also outdoor spaces such as parks/forests and zoo trips. CACT also have access to Avery Hill Youth Club for hub-based sessions such as sports, arts and crafts, games and music therapy as well as offering access to the pool table and indoor sports hall.

How can they help my child? CACT offer the opportunity to access a range of activities and trips, alongside making friends, learning new skills and increasing independence for young people about to start their transition into adulthood.



Session Length: 4 hours; 100 hours equates to 25 sessions per year with CACT.

Cost: £10 per session. Transport to and from home can be purchased for £20 per session.

The ideal short break for: Young people looking for a new club or activity, who need a bit more support to access the community alongside a

group of their peers and qualified, experienced staff members.

Contact Details:

Email: steven.bannan@cact.org.uk

Tel: 07984 732506

Website: <https://cact.org.uk>

Targeted

Weekends

Cray Wanderers Active Breaks

Eltham
Ages 4-11



What do they offer? Fun and varied three-hour sessions every Saturday, including multi-sports activities and inclusive group games. The programme takes place in a secure outdoor setting and is an excellent opportunity for children and young people to explore, create and have fun, providing children with an ideal opportunity to try new team sports. The programme takes place in Eltham at an accessible multi-sports facility.

How can they help my child? We provide an open environment to ensure children feel comfortable while taking part in multi-sport sessions with their peers. By playing together children can develop new through well managed multi-sports and games to support their health and inclusion. This programme implements high quality coaching and trained staff engagement every week, helping young people reach their potential.

Session Length: 3 hours; *100 hours equates to 33 sessions per year with Cray Wanderers.*

Cost: £10 per session, or £8.75 for low-income families (recipients of means-tested benefits or if your child is a recipient of free school meals).



The ideal short break for: Children who enjoy being outside, playing outdoors and taking part in new activities. Indoor facilities also available. This service could benefit those with ASD, learning difficulties, mobility and sight issues. We aim to work collaboratively with parents and carers to make arrangements for children to take part.

Contact details:

Email: admin@craywandscs.com

Tel: 07756 826105

Website: <https://www.cray-wanderers.com/community-scheme/>

Targeted & Specialist

Weekends

Greenwich Leisure Limited (GLL)

Greenwich Centre & Eltham Centre
Ages 4-17



What do they offer? Free 'splash' sessions in two local Greenwich pools, specifically for children and young people with SEND. The sessions take place every Sunday. Children/young people must be accompanied by a competent adult swimmer in the pool.

How can they help my child? The free splash sessions allow children and young people to swim and have fun with their families in a safe, secure environment. The sessions include floats and toys to play with, and families can go as many times as they want throughout the year.

Session Length: 1 hour



Cost: Free

The ideal short break for: Any Greenwich child or young person who enjoys swimming, and wants the opportunity to have a fun session each week in an environment specifically for those with SEND.

Contact Details:

Email: RBGSportDevelopment@GLL.org

Website: www.better.org.uk/sports-development-rbg

Targeted & Specialist

After School

Weekends

School Holidays

New Lodge Riding for the Disabled

New Lodge Riding Centre, Eltham
Ages 4-17



What do they offer? Horse riding for children and young people with SEND. Sessions take place on Tuesdays afternoons for those with higher support needs and who may need 1:1 support. Weekend sessions are also available for more advanced riders. Pony mornings during school holidays provide the chance to learn about horse care and grooming as well as riding.

How can they help my child? We have years of experience offering horse riding to SEND children. Riding offers outdoor exercise as well as developing muscles, core strength and co-ordination. It is also often very calming for anxiety or hyperactivity.

Session Length: 30 minutes - Tuesdays and weekends, 2 hours - pony mornings

Cost: £2.50 per session, £5 for pony morning

The ideal short break for: Children and young people with learning difficulties, ASD and/or physical disabilities. New Lodge works with a wide range of needs and tries to adapt each course, we are happy to discuss any individual needs. Children need to be able to weight bear and mount from a block with support. Please note the weekend sessions require an assessment by New Lodge prior to attending.



Contact Details:

Email: newlodgerda@yahoo.com

Tel: 020 8851 6447

Website: <https://newlodgerda.org.uk/>

Targeted

School Holidays

Summer

Sport Works



Plumcroft Primary School, Plumstead
Ages 4-14

What do they offer? We offer a multi-sport programme, which will be take place 1-day each week during school holidays. The programme will run for 5 hours a day offering the opportunity for the children to learn and play while playing sport and fun games, such as football, basketball, dodgeball, bulldog, tag, and floor is lava. Sensory games and art & crafts activities will also be available for children who have high-stimulus needs.

How can they help my child? All games are inclusive and encourage the children to have fun, improve social skills and gain confidence while interacting in group settings. Games are often adapted and given new rules so it can be inclusive for all. We encourage the enjoyment and participation in the games and not the winning and losing so that it can be fun for everyone and help improve their individual confidence.



Session Length: 5 hours; 100 hours equates to 20 sessions per year with Sport Works.

Cost: £10 per day

The ideal short break for: Our programme is aimed at children with any form of disability, including ASD, learning difficulties and/or physical disabilities.

Sessions run on a 1:4

staff/participant ratio meaning that our trained and talented staff provide highly inclusive programmes with tailored care/support throughout. There will be a care worker on site to support with any toilet or medication needs.

Contact details:

Email: Ernest.Ako@sportworksltd.co.uk

Tel: 07932 697 499

Website: <https://www.sportworksltd.co.uk/>



Specialist

Weekends

Summer

Willow Dene Short Breaks

Swingate Lane, Plumstead
Ages 5 - 9



What do they offer? Willow Dene offers a Saturday club throughout the year and a two-week playscheme in the summer holidays. We provide experiences such as outings into the local community, swimming, Forest School, cooking, arts and crafts, soft play and a ball pool. There's something for everyone and our staff will support children to practise and learn new skills in a fun way.

How can they help my child?

Having access to specialist facilities and environments means that we can tailor activities to children's preferences, interests and needs, providing an environment where children can practise self-help skills,



and develop their independence, communication and social skills in a safe environment. We have dedicated, fully-trained staff to ensure that all children's needs can be met.

Session Length: Saturday sessions – 4 hours, Summer sessions – 6 hours;
100 hours equates to one week in the summer and 17 Saturdays per year.

Cost: £20 per session

The ideal short break for: The scheme caters for a range of children at a primary school age, with very individual needs. These needs may include children with very complex, physical, severe, and medical needs as well as children with autism and other related disabilities. Every child is treated as an individual and we aim to build the provision around each child and their family.

Contact Details:

Email: wdcontact@willowdene.compassps.uk

Tel: 020 8854 9841

Website: <https://www.willowdene.greenwich.sch.uk/>