

# Short Breaks for Disabled Children (AHDC)



Essex County Council

# Short Breaks newsletter

Welcome to the  
5th Edition of the  
**Short Breaks for  
Disabled Children**  
Short Breaks  
Newsletter.

This Newsletter has been written by **FACE** and the **Essex County Council's Short Breaks for Disabled Children's Team** (previously Aiming High). Our aim is to ensure that you know all about Short Breaks (formally known as 'respite').

Short Breaks have been designed because it is recognised that there is an impact on everyday life if a child has a disability. This impact is as individual as each child and their family is unique.

'Short breaks are important to families who have a child with a disability. The challenges and complications which accompany a child with disabilities can be very wearing. Day-to-day activities can be much more complicated and tiring. Short breaks give the family members - parents/carers, and indeed siblings, a chance to have a break from their caring responsibilities. The family members are then able to continue their care refreshed and with renewed energy'.

Please do contact us if you have any comments or queries. Our details are on the back cover.

Your comments are important to us in helping us to ensure that short breaks meet your individual family support need and work for you and your family.

Best wishes  
**Tony, Tracey & Georgina**

Tracey Scriven: Chair of FACE - Families Acting for Change Essex  
Tony Crouch: Short Breaks for Disabled Children - Commissioning Manager  
Georgina Parkin: Short Breaks for Disabled Children - Project Manager

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# Short Breaks for Disabled Children 'Me Time'

**Short Breaks activities and opportunities through individual day time support:**

**Individual support during the day**  
Would you like a carer to come into your own home to look after your child whilst you have a break? If you feel a few hours would help, please call the organisation directly. If you feel you need more additional support you may need an assessment by a qualified Social Worker. Please call Contact Essex on 0845 603 7627 to request the assessment.

**Personal Assistants to support families**  
Children and young people with disabilities and their families are able to employ personal assistants who have been vetted and trained.



**Short Breaks activities and opportunities during the school holidays, after school, evenings and weekends:**

**Clubs**  
There are a selection of different clubs – including those organised just for children and young people with disabilities – and clubs for all children and young people. The clubs are organised during the evening, at weekends, after school as well as during the school holidays.

**Support for children and young people with disabilities to take part in their chosen recreational, leisure, sport and hobby activities**  
This service offers support so that children and young people with disabilities can take part in their chosen recreational, leisure, sport and hobby activities.

**One to One signing support so children can take part in their chosen leisure activity**  
This service for deaf children offers one-to-one support to enable them to participate in their chosen recreational, leisure, sport and hobby activities.

**Building friendships**  
There are opportunities for young people with disabilities to join in social activities through peer support, friendship groups, or supported involvement in activities.



**Short Breaks holiday over night stays and over night breaks at home**  
There are holiday over night stays and over night breaks at home for children and young people with disabilities.



# Frequently asked questions about **Short Breaks**

## What are Short Breaks?

### Short Breaks:

- Can be anything from a couple of hours to overnight stays.
- Offer children and young people with disabilities the opportunity to have fun and take part in enjoyable experiences that contribute to their personal and social development away from their parents.
- Enable parents and families to have a break from their caring responsibilities.
- Help children and young people with disabilities to develop new interests and take part in different activities.
- Give opportunities for children and young people to have something to do - especially at weekends and during the school holidays. They can see their friends, make new friends.
- Help families can catch up with everyday activities such as sleep, cleaning, shopping as well as having more time with their other children, their friends and hobbies.
- Are a part of everything else in the lives of children and young people with disabilities and their families'
- Have been developed to offer children, young people and their families support, opportunities and activities so that families are enabled to live ordinary lives.
- Offer a wide range of opportunities, activities and support so families have choices.



## How can my child take part in Short Breaks?

For short breaks involving the clubs and activities - you can contact any practitioner who is supporting you who can contact them on your behalf.

For other short breaks you will need some additional assessments. These types of short breaks are:

- Family based day and overnight Shared Care
- Children with disabilities Social Care residential overnight stays
- Family weekends away and the child with disability is looked after at home
- More frequent and regular carer support at home or to take your child out in the local area.

Using direct payments to pay for short breaks will require an assessment. If you already have a social worker - please contact them directly. If you would like to talk to someone about having a Children with Disability Social care assessment, please phone the Initial Response Team by calling Contact Essex on **0845 603 7627**.

## Is there a cost?

Families are expected to pay the same as anyone else for all the general leisure activities; sports clubs; hobby based activities; out of school activities; art and drama clubs; uniformed groups like Scouts. Families will not have to pay for any additional support their child receives to help them participate in their chosen activity.

Families may be asked for a financial contribution for some of the clubs and holiday activities that are just for children and young people with disabilities and some organisations charge an hourly fee or request a voluntary contribution. Please contact the clubs or activities directly for further information.

## Who are Short Breaks for?

Short Breaks are for children, young people aged between 0 and 18 years old (up to their 19th birthday) with disabilities and their families living within the administrative boundaries of Essex County Council



## How do we define 'disability'?

The Essex Children with Disabilities Strategy Group has defined disability as: 'A child or young person who has substantial difficulty, either permanent or temporary, in achieving his or her full potential in areas of personal or social development, emotional or physical health, family life, education or employment due to:

- Sensory impairments
- Learning disabilities
- Communication difficulties
- Physical impairment
- Chronic or life limiting health condition or
- Complex health care needs



There are some children and young people with disabilities who are our priorities when planning our short breaks and support services. These include children and young people with Autistic Spectrum Disorder who have severe learning disabilities or behaviour which is challenging; children and young people whose challenging behaviour is associated with other impairments; children and young people with disabilities who have complex health care needs.



### Will my child's complex health needs stop them from having a Short Break?

There is a team of specialist nurses qualified to train the carers who work in the short break clubs, activities and other short break opportunities to carry out many of the additional health care tasks that your child may need. This team is called the Specialist Healthcare Task Training Team. There is now specific training available for short breaks providers. The short break providers have all the details about how to arrange this training and support.

If your child has complex and significant healthcare needs you may require a healthcare nursing assessment for some healthcare provisions, such as:

- Home based care specifically arranged for children with significant and complex healthcare needs
- Residential overnight stays specifically for children with significant and complex healthcare needs

**Please discuss these with someone who supports your child such as your community nurse.**



## Here are details of some of our providers

### PARC - Play and Resource Centre (Essex)

PARC is a charity based in Braintree, Essex offering a wide range of short breaks clubs for children and young people with disabilities and their families. Different Short Break clubs are available for children and young people aged between 3 to 19 years old.

PARC offers weekend, after school; youth clubs and school holiday clubs. These include 2 Saturday clubs (morning and afternoon) every Saturday throughout the year; 2 youth clubs on a Friday and Saturday evening for 3 hours each throughout the year; school holiday clubs for 7 hours each day during school holidays and afterschool clubs on Mondays, Tuesdays, Wednesdays and Thursdays for 4 hours during school term time.

PARC have a purpose built building which consists of a soft play area, games room,

sensory room, sensory integration room, playground and sensory garden. PARC has fully trained, experienced and dedicated staff.

PARC offers other services as well.

#### To find out more about PARC (Essex) visit:

[www.parc-essex.co.uk](http://www.parc-essex.co.uk)

Telephone: 01376 528999

Email: [info@parc-essex.co.uk](mailto:info@parc-essex.co.uk)

Address: Great Notley Country Park, Great Notley, Braintree, CM77 7FS



### Crossroads Care

Crossroads offer individual day time support for children and young people with disabilities and their families in Essex.

Crossroads offer one to one regular visits with the same care support worker, same day, same time. The care support worker can stay indoors and play with the child, learning games or cookery etc. Or alternatively can take the child out to a park, activity centres or shopping to increase life skills. This is a flexible service which is lead by the family and caters to their individual needs.

#### For further information, please contact us:

##### Tendring/Colchester Crossroads

Telephone: 01255 860960

Email: [tendcrossroads@btconnect.com](mailto:tendcrossroads@btconnect.com)

Address: Bosworth House, High Street,

Thorpe Le Soken, Essex, CO16 0EA

##### Braintree/Chelmsford Crossroads

Tel: 01376 529985

Email: [braintree.district@crossroads.org.uk](mailto:braintree.district@crossroads.org.uk)

Website: [www.braintreecrossroadscare.org.uk](http://www.braintreecrossroadscare.org.uk)

Address: 8 Park Farm, Witham Road, Black Notley, Braintree, Essex, CM77 8LQ

##### Basildon/Brentwood Crossroads

Te: 01277 201789

Fax: 01277 201789

Email: [brentwood.district@crossroads.org.uk](mailto:brentwood.district@crossroads.org.uk)

Website: [www.brentwoodcrossroads.org.uk](http://www.brentwoodcrossroads.org.uk)

Address: Second floor, 51 Tallon Road, Hutton, Brentwood, Essex, CM13 1TG



## Brighter Opportunities Through Supported Play

BOSP provides fun and exciting activities and social opportunities for those aged 4-24 and to provide parents and families with short breaks and support.

BOSP achieve this by providing regular clubs for children and young people with disabilities on Saturdays, during school holidays and evenings.

BOSP have a high staff ratio so that medical and behavioural support needs can be met and to help develop independence, self confidence and life skills.

BOSP Saturday Club is based at the Pioneer School, Basildon, which boasts excellent facilities, including a hydrotherapy pool, sensory room and soft play rooms.

BOSP also offers exciting out and about activities chosen by the young people such as go-karting, bowling, cinema, quasar, skiing and Thorpe Park.

BOSP is Ofsted registered to accept children under 5 years of age.

### For more information:

www.bosp.co.uk  
Telephone: 01277 624300  
Email: enquiries@bosp.co.uk  
Address: 2 Crown Yard, High Street,  
Billericay, Essex CM12 9BX



## Cool2Care

Cool2Care is a 'care' introductory service that recruits, screens and trains care-workers (who may be called Personal Assistants), bringing together families with disabled children and people who want to work caring for them.

Cool2Care train, recruit and match carers with children, young people for their families to employ them directly via Direct Payments or Disabled Living Allowance or through their own means. Once a Personal Assistant is placed with a family, Cool2Care continue to support throughout the time together.

Cool2Care have also successfully helped provide trained and CRB checked Teaching Assistants (TAs) to schools, where resources are limited, to assist children who need one to one support. This service is provided via

the school and is dependent on the child's statement and the funding available. Please ask your school to contact us direct.

Cool2Care is available to families throughout Essex. If you are in receipt of Direct Payments, and the care is for children/young people 19 or under, there is no charge for Cool2Care's services.

### For further information please contact:

Mel Yershon, Family Liaison Manager  
Telephone: 0845 123 5484

Email: mel.yershon@cool2care.co.uk

www.cool2care.co.uk

Woodbury, Littleford Lane, Shamley Green,  
Surrey, GU5 0RH

**cool2care**  
for families with disabled children

## Accuro

'To improve the quality of life of people with disabilities and their families in Essex and surrounding areas by achieving full access to a diverse range of services.'

Accuro exists to provide a range of services to children and young people with disabilities primarily in West Essex (Harlow, Epping and the Uttlesford District).

Accuro is committed to promoting equal opportunities for all people regardless of race, gender, sexuality, disability, age, class or geographical location.

Accuro provides services in response to identifying needs by working in partnership with young children and young people with

disabilities and their families; providing person-centred services in line with the organisation's core values and creating an environment where people are empowered to increase control over their own lives through exercising choice.

Accuro offers a range of short breaks clubs and activities for children and young people. These include: Saturday Play Club, Parenting Support, Loughton Youth Group, Holiday Support Project, Shared Care, Family Support Workers, Under 19 Project and Autistic Spectrum Disorder Group.

### For further details, please contact Accuro:

Telephone: 01279 433 667

Email: enquiries@accuro.org.uk

www.accuro.org.uk

Address: Unit 6, Phoenix House, Hollingwood  
Road, Hollingwood, Harlow, CM17 9JT

**accuro**  
supporting people with a disability



## The Columbus Discovery Club

Columbus Discovery Club provides high quality Short Breaks child care and play opportunities for children and young people aged 3-19 years with profound and multiple learning difficulties, including Autistic Spectrum Disorder, complex health needs and life limiting conditions.

Columbus Discovery Club offers a school holiday club, after school club, youth club and weekend club. All our clubs operate from our two schools. This allows us to take advantage of the first class state of the art facilities it offers for disabled children, which include hydro therapy pools, sensory rooms, and special needs equipment for children with profound and multiple disabilities.

Columbus Discovery Club offer a wide range of in-house activities including swimming, sensory play, physical therapy, arts and crafts, cooking and sporting activities, as well as many days and nights out to local and national attractions, including zoos, water parks, activity centres, cinemas, restaurants, theatres and theme parks.

Columbus Discovery Club is operated by The Columbus School and College.

**For more information about The Columbus Discovery Club play scheme, youth club, after school club or Saturday Club please contact:**

Lisa Lakin,  
Extended Services  
Co-ordinator, Columbus School and College  
Telephone: 01245 491492  
Email: lisa.lakin@columbus.essex.sch.uk



## InterAct

InterAct's Short Breaks Activity Programmes provide fun and exciting opportunities for teenagers with disabilities to develop their social skills, increase their confidence and become more independent, at the same time enabling families/carers to have a break from their caring responsibilities.

InterAct's Short Breaks Activity Programme, offered in Basildon, Braintree, Brentwood, Chelmsford, Colchester and Tendring, is run by a team of experienced and qualified staff. Activities currently offered include trips to the cinema, bowling, Karaoke, ice skating, roller skating, fossil hunting, whole days of outdoor activities, indoor sports, a day at a Theme Park, and an evening beach walk and supper. InterAct's COZ Youth Club is held in Chelmsford.

**For further information please contact InterAct on:**

Telephone: 01245 608206  
Email: mail@interact.org.uk  
Website: www.interact.org.uk  
Address: Moulsham Mill, Parkway,  
Chelmsford CM2 7PX

# InterAct

## 4Children

4Children in Partnership with Essex County Council and local schools provides short breaks at venues across Essex for children and young people who have disabilities and complex healthcare needs.

4Children organise Short Break school holiday clubs at:

- Shorefields School in Clacton-on-Sea
- Marketfields School in Elmstead Market
- Lexden School in Colchester
- Edith Borthwick School in Braintree
- Cedar Hall School in Thundersley
- Glenwood School in Benfleet

Some schools also offer afterschool clubs.

4Children work in partnership with the schools to organise a range of fun and enjoyable activities. All short break opportunity will offer families a service that is shaped and offered with the child or young person in mind. Various activities are offered across all our clubs, to include many elements of social, physical and emotional development. We regularly gain feedback from the parents and carers of our young people and feed this directly into each short break club.

The children and young people are the focus of our short breaks and staffing and services are offered with the particular individuals in mind.

**If you are interested in an a short break opportunity for your child or young person we would love to hear from you.**

Telephone: 01621 827850  
E-mail: gemma.eva@4Children.org.uk  
Website: www.4children.org.uk

Or write to:  
Gemma Eva, 4Children AHDC,  
Minerva Centre, Burnham Rd,  
Mundon, Maldon, CM9 6NP



## Stepping Stones

Stepping Stones After School Club provides after school and summer holiday short breaks activities for children aged 5yrs - 16yrs. Our children have behaviours which may be challenging or health needs that may be complicated. Many of our children have attended our nursery and the After School Clubs and holiday short breaks are an extension of the continuous support our families are offered.

Stepping Stones has been established in Colchester for twenty one years and last year we were rated as 'Outstanding' by Ofsted. We have purpose built premises which include a soft play and sensory room and a large enclosed outside play area.

Telephone: 01206 860467

Email: [carolnice@steppingstones1.co.uk](mailto:carolnice@steppingstones1.co.uk)

Address: The Wilson Marriage Centre, Barrack Street, Colchester, Essex, CO1 1LR



## SNAP

SNAP After-school Clubs - SNAP offers weekly clubs for children and young people with special needs and disabilities. The sessions include Yoga and Drama and are offered to children who have been identified as likely to benefit from these activities. The clubs for children and young people take place downstairs while the parents and siblings are supported upstairs by SNAP parent advisers and volunteers. Parents and siblings are also able to relax and meet with other families. The after-school clubs' aims are to increase the confidence, self-esteem and social communication abilities of the young people taking part while ensuring they have fun.

SNAP Stay & Play sessions - SNAP provides a busy holiday schedule for children and young people with special needs and their families. The sessions offer families who regularly receive support at SNAP the opportunity to come to the centre with their children to take part in the wide range of activities offered at each session. Some sessions are for families with young children while others for teenagers; sessions are carefully balanced to ensure that families are able to get the most out of them.

The SNAP Centre  
Pastoral Way  
Warley  
Brentwood  
Essex CM14 5WF

Telephone: 01277 211300

Email: [info@snapcharity.org](mailto:info@snapcharity.org)

[www.snapcharity.org](http://www.snapcharity.org)



## Crossroads Care - Epping and Harlow

Crossroads Care is a professional, charitable organisation which exists to support carers and their families. We care for children and young people of all ages with any disability, special need or health condition.

We provide support by giving carers a helping hand or break from their caring role. Our trained and experienced care support staff step into your shoes for a while, allowing you time to spend with other children, family members, to get on with jobs or to recharge your batteries.

### How we can help

Services are available 7 days a week at flexible times to suit family needs and, in addition to the services that are funded can be purchased through local authority direct payments or privately.

### 1:1 care in the home or out in the community

Care support workers can look after and play with your child at home, attending to all their care needs, including help with mealtimes. Equally staff regularly take out children they care for into the community, so that children can take part in activities such as swimming or soft play groups. We can also provide extra support for whole family days out, to make sure everyone has fun!

### Young Carer Support

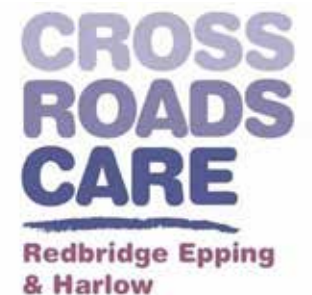
Epping have been running a very successful support group for over 10 years. There are many benefits for meeting and enjoying time with other young carers (from 8 years). It is fully funded and run by trained, professional staff.

### To find out how we can help you please contact our Epping Office:

Telephone: 01992 572557

Email: [karenkent@redbridgecrossroads.com](mailto:karenkent@redbridgecrossroads.com)

Website: [www.carers.org/redbridgeeppingharlow](http://www.carers.org/redbridgeeppingharlow)





## Papworth Trust

Young people with disabilities have told us they want somewhere to go to make new friends and have fun.

This is one of the things that Papworth Trust does. The clubs give young people between the ages of 11-19 the opportunity to get together and enjoy games, arts and crafts, karaoke, music and many other activities as chosen by the young people.

Papworth Trust have youth clubs as well as organising school holiday activities.

Papworth Trust have regular groups in Basildon, Braintree/Witham, Clacton-on-Sea, Colchester and Maldon. And the fun and games will soon be coming to Castlepoint, Epping Forest, Harlow, Rochford, Tendring and Uttlesford.

### To find out more:

Telephone: Helen Stanley on 07764 784469

Visit: [www.papworth.org.uk/youthclubs](http://www.papworth.org.uk/youthclubs)

Email: [transitions@papworth.org.uk](mailto:transitions@papworth.org.uk)



## Buddies Holiday Clubs

Buddies

Buddies Holiday Clubs run during the school holidays in Colchester and Clacton from 10am to 3pm per day. Children and young people with a disability (aged between 8 and 18 years) experience safe and enjoyable opportunities to make friends, learn new skills and become more independent, whilst having fun. Buddies Holiday Clubs give children and young people with a disability the chance to learn, achieve and socialise, building their independence and confidence. Siblings (aged between 8 and 18) are also welcome - dependent on availability.

Buddies Tots is a club aimed specifically at younger children (aged between 5 and 7 years).

### To find out more about our Holiday Clubs please contact:

Louise Friday, Buddies Co-ordinator on 0845 160 2200

Or via email: [buddies@dimensions-uk.org](mailto:buddies@dimensions-uk.org)

Or visit our Website - [www.dimensions-buddies.org](http://www.dimensions-buddies.org)



## The Ark Centre

We are running short breaks, weekend and school holiday clubs in Harwich for children and young people with additional needs. Please ring us for more information and we would love to help.



Our age range is mainly rising five to 14, but we can discuss your needs when you ring. Spaces are always at a premium, as sessions are so popular with our "regulars", but we will always do what we can to provide a service for you. There is a small voluntary charge, usually £2 an hour. We can provide trained, experienced staff, one to one or two to one if necessary.

We may be able to provide other support for you and your family. Just ask!

Telephone: 01255 502063

Email: [sally@thearkcentregroup.co.uk](mailto:sally@thearkcentregroup.co.uk)

Address: 36 Main Road, Harwich, Essex, CO12 3LU

## RAD - Royal Association for Deaf people

### Children, Youth and Families Service

RAD's Children, Youth and Families Service aims to support the whole family enabling parents and carers to bring up their children and realise their full potential as they grow into young adults.

We support deaf parents and carers with children and hearing parents with deaf children. By 'deaf', we mean profoundly deaf and hard of hearing.



Royal Association for Deaf people

## Premier Children's Care

Premier Children's Care offers individual day time support for children and young people with disabilities and their families. This support may be within the child's own home or out and about in the community - what ever is best for the child and their family. Premier Children's Care also offer overnight care and support in the child's own home whilst the family have an overnight stay away from home.

Premier Children's Care have a dedicated team of trained carers who can support children and young people with disabilities.



### For any further information please contact:

Natasha Schneider

Telephone: 01702 389555

Email: [info@pcyp.co.uk](mailto:info@pcyp.co.uk)

Website: [www.premierchildrensservices.co.uk](http://www.premierchildrensservices.co.uk)

Address: Top Floor Ash House, 340-342 London Road, Hadleigh, SS7 2DD

Many of our activities also welcome friends and siblings.

### Please contact us on:

Voice phone 0845 688 2525, Text phone 0845 688 2527, Fax 0845 688 2526

Email: [cyf@royaldeaf.org.uk](mailto:cyf@royaldeaf.org.uk)

Website: [www.royaldeaf.org.uk](http://www.royaldeaf.org.uk)

Children, Youth and Families Service  
Royal Association for Deaf people,  
Century House South, Riverside Office Centre,  
North Station Road, Colchester, Essex CO1 1RE



## Essex Outdoors

Essex Outdoors are looking for adventurous children and young people with disabilities who would like to participate in outdoor activities such as Archery, Aerial Runway, Canoeing, Caving, Climbing, High Ropes, Sailing, Quad Bikes and more!

Through the Essex Short Breaks for Disabled Children programme we are offering Activity Days, Sailing Days, One Night Overnight Stays, Funded carer places at the Mersea Island Festival and Open Days.

These opportunities could be for individuals with a known carer, informal groups of children and carers, or groups from clubs and organisations in Essex, with carers participating in these exciting opportunities

whilst continuing to provide the usual high levels of care and support.

Participants will need to provide their own transport and support. All the activities and instructors will be provided by Essex Outdoors, as well as accommodation and food for the overnight stays. Participants for the Activity Days will need to provide their own lunch.

**If you are interested, or have any queries, please contact us:**

Telephone: 01206 221010

Email: [inclusion@essexoutdoors.com](mailto:inclusion@essexoutdoors.com)

Website: [www.essexoutdoors.com](http://www.essexoutdoors.com)



## SHARE - Safe Haven and Respite Environment

SHARE is based in Basildon and we welcome all children with disabilities age 3-19 years. We pride ourselves on working closely with families to ensure your child or young person is at the centre of all we do.

SHARE run after school clubs during term time on Tuesdays and Thursdays 3-7pm and we are open most days in all of the holidays. Main hours during the holidays are between 9-5, but with notice we are flexible and can accommodate each families personal requirements.

SHARE has a soft play area and a large secure garden and lots of different activities for the children and young people - we also have occasional trips out.

SHARE has hoisting facilities and all staff are highly trained to ensure all children and young people are included within our clubs and activities.

**Please call for further information or to come by and see us.**

Please ask for Michelle 01268 521691 or 07941557470 or email [michellewestenhofer@googlemail.com](mailto:michellewestenhofer@googlemail.com)



## Core Assets Children's Services

### Services for Disabled Children and Young People

Core Children's Services offers a broad range of services for disabled children and young people. We understand that disabled children and their families face additional challenges to live ordinary lives.

Through delivering a broad range of services for disabled children and young people, including short break care, we help children and young people with disabilities to lead independent, full and dignified lives.

Core Children's Services has an established background and proven track record in delivering positive results for children with disabilities, and we can make a real and lasting difference to the lives of disabled children and their families.

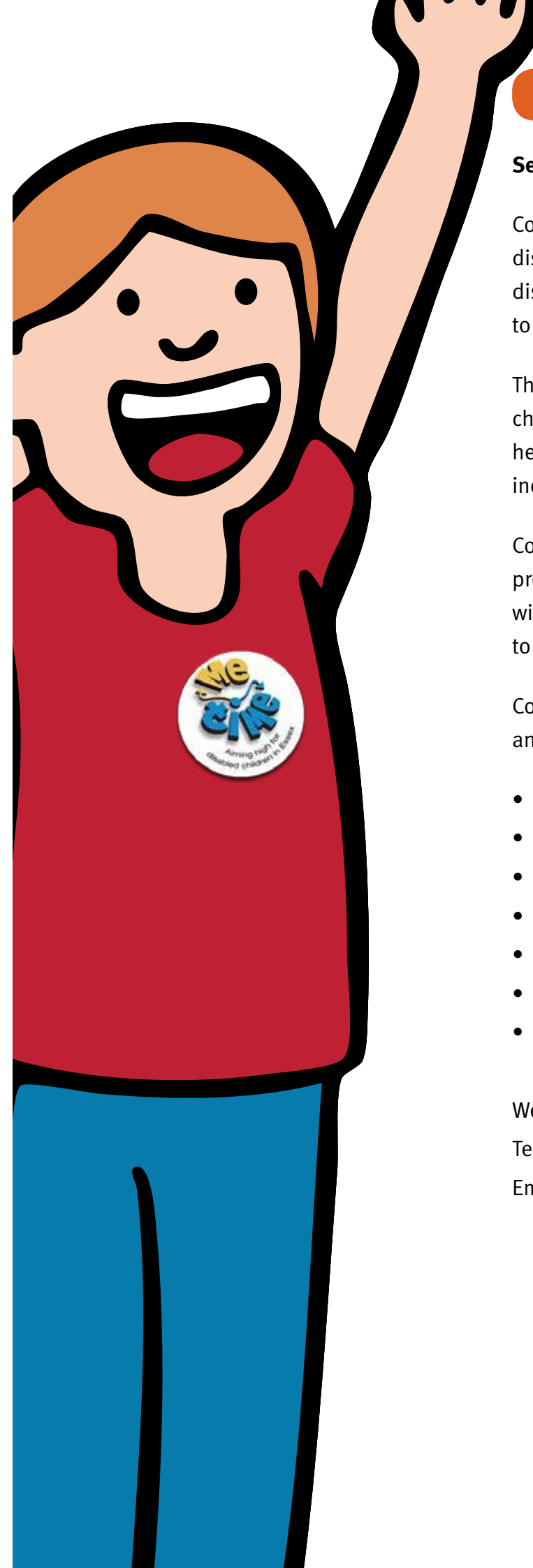
Core Children's Services provides services for disabled children and young people:

- Support in the home
- Short break care both overnight and day care
- Youth Clubs for adolescents
- Activity groups for younger children
- Sibling groups
- Adventure weekends (and adventure holidays)
- Inclusion services

Website: [www.coreassets.com](http://www.coreassets.com)

Telephone: 01702 421155

Email: [options.eastern@coreassets.com](mailto:options.eastern@coreassets.com)



## Zinc Arts

Zinc believes passionately in the right of all people to enjoy and benefit from what the arts has to offer, creatively, educationally and economically.

We work with people who traditionally have the least opportunity to learn about, or take up employment in the creative industries and engage our participants through the arts. All of the activities and events we run are designed to open up 'pathways' into and through the arts, providing lifelong learning, training and employment opportunities and inspiring high-quality, diverse and experimental multi-arts work.

Our projects bring together artists, arts organisations, community groups, health and social care providers and a wide range of funding bodies.

Zinc's main office and arts centre is in Chipping Ongar, Essex. We work throughout Essex providing outreach activities and also bringing people from across the county to attend residential courses in our fully accessible arts centre.

Telephone: 01277 365626

Email: [info@zincarts.org.uk](mailto:info@zincarts.org.uk)

Website: [www.zincarts.org.uk](http://www.zincarts.org.uk)

Address: Great Stony, High Street, Chipping Ongar, Essex CM5 0AD

**zinc**  
arts ■ without exception

## New projects for 2013

These are some of the projects  
**Short Breaks for Disabled Children**  
have lined up for development in 2013.

### Sand wheelchairs.

These specially designed wheelchairs available for hire will be located at the beach hut and other locations around the Essex coast. Let us know where you would like them.

### Beach hut Clacton/Walton area.

This will provide changing places and other facilities and will be located near wheelchair access to the beach.

### Holiday caravan.

Designed for wheelchair access including specially adapted fully equipped holiday camp, located at Naze Marine Holiday Park. Co-sited with similar caravans provided by other local authorities for disabled children. Staff are used to dealing with additional needs and other facilities include a pool hoist and sand wheelchairs for access to the beach.





# HYLANDS PARK

## Hylands Castle Sensory and Adventure Wall

Opening April 2013. A new wheelchair accessible adventure/sensory wall located near the existing facilities. The wall has been developed by young people and families and complements the existing adventure castle play area with specialist play equipment designed to be inclusive for all abilities. There is also a new Changing Place being built nearby and a network of hard surface pathways across the park.



TOP LEFT PLATFORM



FRONT VIEW



TOP RIGHT PLATFORM



VIEW FROM THE LEFT



VIEW FROM THE RIGHT



### Pool hoists.

Funding from Short Breaks for Disabled Children has provided pool hoists at Tendring and Basildon.

### Trampoline hoists.

Funding from Short Breaks for Disabled Children has been used to purchase some trampoline hoists to be installed at locations to be confirmed.

### Ice Skating Harness.

A purpose built, bespoke harness and tracking system to be installed at Chelmsford Ice Rink, Riverside Ice and Leisure, Chelmsford. Specially adapted to accommodate a skater (up to 125kg) with muscle deficiency in the lower body, the harness, accompanied and controlled by an experienced coach/operator would enable the skater's weight to be taken up in the harness and provide an opportunity for them to learn to skate.

### New website due spring/summer 2013

We hope to upgrade the current website to make it easier to find the information you want.

Please tell us what you would like to see.

We also launching a twitter account in 2013 to keep you updated with what is happening with Short Breaks in Essex.

**We are always keen for your feedback and are looking for some new projects for later in the year. What would you like to see?**

**email the team: [shortbreaks@essex.gov.uk](mailto:shortbreaks@essex.gov.uk)**



## Changing Places

### Fully accessible toileting facilities

Essex Carers Network and FACE told us how the lack of facilities for children and young people with disabilities who have personal care needs that require carer support restricts where, when and how families go out and about.

Do you have a child or young person who has personal care needs that require carer support? Are you fed up with not going to some places because of the lack of facilities?

Changing Places may be of help to you and your family. They have all, except for the Braintree Mencap facility, been developed through Aiming High for Disabled Children funding; partnership working with FACE; Essex Carers Network and designed and built by Essex Cares.

### What are Changing Places?

Changing Places are fully accessible toilets and personal care facilities that include:

- adult sized, height adjustable changing benches;
- hoisting equipment;
- enough space for a child/young person, plus two carers;
- centrally placed toilets with room either side for the carers
- privacy screens or curtains around the toilet;
- wide tear off paper roll to cover the bench;
- a large waste bin for disposable pads and a non slip floor.

These have been designed to help meet the needs of children and young people with disabilities, their families and adults with similar care needs.



**They are recognisable by this logo.**



# This is where they are in Essex

Information about opening times and how to gain access to them

## Braintree - Mencap

Charles Leek House,  
7, Coggeshall Road,  
Braintree, Essex, CM7 9DB  
Tel: 01376 326302

9.00am to 1.00pm Monday to Fridays.  
Just ask at the office.

## Brentwood Leisure Centre

Doddinghurst Road,  
Brentwood Essex, CM15 9NN  
Tel: 01277 215151

2 facilities - a dry side and a wet side.  
Just ask at Reception for the dry side facility and  
the wet side facility is for people using the pool  
(although could  
be used by others if required).

## New for 2013

Changing place for Hylands Park next to the new  
adventure wall

## Lord Butler Fitness and Leisure Centre

Peaslands Road,  
Saffron Walden, Essex, CB11 3EG  
Tel: 01799 522777

## Marsh Farm

Marsh Farm Road,  
South Woodham Ferrers,  
Chelmsford, Essex, CM3 5WP  
Tel: 01245 321552

## Great Dunmow Leisure Centre

Parsonage Downs,  
Great Dunmow, Essex, CM6 2AT  
Tel: 01371 878690

**There are also improved facilities at:**

## Runnymede Swimming Pool

Kiln Road,  
Thundersley, Benfleet, Essex, SS71TF  
Tel: 01268 756514



## Chelmsford - Market Road Public Toilets

Market Road,  
Chelmsford,  
Essex CM1 1LH  
Tel: 01245 605717

There is a designated parking space alongside  
the parking bays for disabled people by the  
Shopmobility.

Immediate access can be granted during shop  
opening times via the Shopmobility bell next to  
the Changing Place. A unique key can be applied  
for so that the facility can be used at all times  
(24hr access). This unique key can be applied  
for by filling out the relevant form which you can  
get from the mobility shop. If the child or young  
person is not with you when applying for the key,  
you will be asked for some proof of need - such as  
a DLA form.

## Colchester Leisure World

Cowdray Avenue,  
Colchester,  
Essex, CO1 1YH  
Tel: 01206 282000

Just ask at Reception.

## Maldon Promenade Park

Park Drive,  
Maldon,  
Essex, CM9 5JQ  
Tel: 01621 856503

RADAR key required.

## Hamelin Trust

19 Radford Crescent  
Billericay  
Tel: 01277 653889  
Parking for the Changing Places is available.

RADAR key required.  
This is the station end of Billericay High Street and  
near to Lake Meadows.

## Harlow Bus Station

Terminus Street  
Harlow  
You will need a unique key. Please call into Harlow  
District Council for a form to apply for a key or  
contact Pam Carpenter via email on  
pam.carpenter@harlow.gov.uk.

Updated information will be available on the  
Harlow District Council's web site.

RADAR keys can be obtained online, through your  
local council or through places like 'Shopmobility'.

The online link is  
<http://www.radar-shop.org.uk/Detail.aspx?id=0>

## Opening Soon

- Epping town centre
- Hylands Park

There is a Changing Places national website with  
information about the location of other Changing  
Places across the country.

The online link is  
<http://www.changing-places.org/>

In Essex, there are more Changing Places still in  
development. We will let you know as soon as  
they are fully functional.

FACE and the Short Breaks for Disabled Children's  
team welcome comments about the facilities and  
also your views on where you feel new Changing  
Places would be best located to suit your needs.

Please contact: the Short Breaks for Disabled  
Children's team by email:  
shortbreaks@essex.gov.uk  
or telephone 01245 436777

## And families have said...

"We love being able to have fun days out at  
**Maldon Park** with our cousin. She can stay with  
us all day because now there's a fully accessible  
changing place for her to use."

"We can all go for a good splash about at our  
local pool in **Brentwood** on the weekend now  
that there's a new hoist in the poolside changing  
rooms."



# Play spaces

Are you keen to go  
to the local parks?

Parents told us about some of the barriers and challenges of going to the local park with their child with disabilities. FACE were instrumental in seeking the parents' views of what could be changed to make it easier for their children to play in their local parks. Based on all the feedback, FACE wrote a comprehensive report that was circulated to all the local District Councils. FACE then worked in partnership with the District Councils to plan improvements. Some of the Aiming High for Disabled Children's funding was used to development a number of local parks to help ensure that children and young people with disabilities can play alongside their brothers and sisters and their friends.

## The parks are:

### Brentwood

Bishops Hall Park, Brentwood

### Castlepoint

Villa Road Recreation Ground, Benfleet

The Crescent Recreation Ground, Hadleigh

### Chelmsford

Central Park

Admirals Park

Hylands Park

Jubilee Park

Baddow Hall Park

**New for 2013:** Meadgate Avenue, Great Baddow. This includes the wheelchair accessible aerial runway.

### Colchester

Castle Park

### Epping Forest

Hillyfields Playground, Loughton

Larsens Playground, Waltham Abbey

**New for 2013:** Colebrook Lane Play area,

### Great Dunmow

The Recreation Ground, Great Dunmow

### Harlow

The Rainbow Young Bus,  
visits various locations in Harlow

### Maldon

Brickhouse Farm, Maldon

Riverside Park, Burnham-on-Crouch

**New for 2013:** Longfields Playsite, Maldon

### Rochford

Doggetts Playspace, Rochford

Grove Wood Playspace, Rayleigh

Hockley Woods, Hockley

High Street, Great Wakering

Sweyne Park, Rayleigh

Rawreth Lane Recreation Ground, Rawreth

Pooles Lane, Hullbridge.

Fairview, Rayleigh

### Tendring

Rush Green Play Area, Clacton on Sea

Eastcliff Play Area, Holland on Sea

Foots Farm Play Area, Clacton on Sea

Harwich Green Play Area, Hawich

Bathouse Meadow, Walton on the Naze

### Witham

Witham Town Park, Witham

**Specially adapted trikes available at:**  
Thorndon and Great Notley Country Parks and  
**electric mobility scooters** at Weald and Thorndon  
Country Parks. Call the sites to book in advance.

## And this is what families have said:

"We love going to out local park in South Woodham Ferrers, there is now lots of play equipment my son can use. There is plenty for him to do with his friends."

"My sister loves going to Hockley woods and the park now has swings that she can use. All the different swings are together in a big circle. I love seeing her playing with all the other kids and this makes me very happy."



Can you recommend  
a park that could be developed?

email us at [shortbreaks@essex.gov.uk](mailto:shortbreaks@essex.gov.uk)





FACE is the Parent Forum, Parent Council for Essex families. The parents who run FACE all have a child with a disability and understand the true impact this has on day to day life. All the parents in FACE want to make positive changes and want all families to be able to have their say when they feel it is relevant.

There are over 4000 families in Essex who have a child or young person with a disability or additional needs. FACE would like to ensure we have a database which holds the contact details for all families in Essex so they can receive up to date information which will help their children and family and also enable them to have their say if they so wish.

### Who can join FACE?

Any family who has a child with a disability or an additional need age up to 19 years old living or attending school within the Essex Boundaries.

### We look forward to hearing from you soon.

(By family we mean any family member, including carers who understand the impact of living day to day life with a child with a disability).

### How can I join?

Visit our website: [www.face-essex.org](http://www.face-essex.org) and click the join tab at the top of the page.

Email: [info@face-essex.org](mailto:info@face-essex.org)

Call **01245 608231**

Call or text **07910 883337**

Write to us at **FACE, Moulsham Mill, Parkway, Chelmsford, Essex CM2 7PX**

Come and see us on facebook



[www.facebook.com/faceessex](http://www.facebook.com/faceessex)

and follow us on



[Twitter@FACE\\_ESSEX](https://twitter.com/FACE_ESSEX)

### What do I need to do when I have joined?

Nothing! Just read the emails that are sent to you when you want to and use the information supplied to help your child or family when you feel it's helpful.

Join in with any activity, event, survey that is relevant to your child or family if you wish to.

If you would like to do more FACE also needs lots of family members (whether this is Mum, Dad, Sisters, Uncles) to volunteer to help with events and the work within FACE.

Due to the extra stress in our lives we all understand regular commitment is hard, most volunteer roles within FACE will only take may be an hour of your time each month. There will be no pressure and you can be involved when and how you like to suit your own situation.

Your knowledge and life experiences will be valued by FACE and the staff within Essex County Council.

Parents representing FACE met with Councillors outside the full cabinet meeting in May 2012. The Councillors in Essex County Council make the decisions on how the council works and make the decisions on spending.

Councillor Ray Gooding is the Cabinet Member for Children's Services in Essex and is very keen to work with FACE to ensure the children with a disability/ additional needs are included in future plans within Essex County Council. Councillor Gooding will be meeting with us regularly to discuss plans within the council (service which will affect all of our children) and hear families ideas, solutions and suggestions to help those families.

### FACE visit Oakview School

Thank you to Oakview School in Loughton for inviting FACE to come and see them. What a lovely welcoming school with such happy staff and pupils. It was great to spend some time talking with parent and carers about the local area and listening to issues effecting families. We are sorry we could not see all the families but hope you received our newsletter home with your child and that maybe we will meet more of you soon.

### Would you like FACE to visit you?

FACE would like to get out and about around the county and see groups of families face to face in their local areas. Please get in touch if you would like us to visit a group of parents in your town/ village- may be at your child's school, playgroup, support group, college.

**Every family with a child with a disability in Essex is important to us.**

**We look forward to hearing from you soon!**

**Tracey and the FACE Team**



Tracey Scriven FACE Chair and Councillor Ray Gooding



Shelley Jeffers FACE team

Please ensure you can have your say and be heard by those who make decisions locally and nationally - **Join FACE today.** We look forward to hearing from you soon.

Tracey

**Tracey Scriven Chair of FACE**

# Here is a list of the Short Break Providers in Essex...

...how you can contact  
them and their details



## Activities and Clubs

These can be after school; evenings; weekends and school holidays.  
You can ring directly OR additional assessments and referrals needed.

### Across the county

<b>Interact</b>		
01245 608353		Basildon, Braintree, Brentwood, Chelmsford and Tendring
01245 608206		
<b>Papworth Trust</b>		
01480 357200		Basildon, Brentwood, Braintree, Castlepoint, Colchester, Epping Forest, Harlow, Maldon, Rochford, Tendring, Uttlesford
07764 784469		
<b>Royal Association of Deaf People (RAD)</b>		
0845 6882525		Colchester, Chelmsford
<b>Essex Outdoors</b>		
01245 430925		Bradwell, Danbury, Mersea, Harlow

### South Essex

<b>SHARE</b>		
01268 521691		Basildon
0941 557470		
<b>BOSP</b>		
01277 624300		Basildon
<b>Dimensions (Buddies)</b>		
0845 1602299		Basildon
<b>Snap Special Needs and Parents</b>		
01277 211300		Brentwood
<b>Cedar Hall School (4Children)</b>		
01621 827858		Castlepoint
07876 136249		
<b>Glenwood School (4Children)</b>		
01621 827858		Castlepoint
07876 136249		



## Mid Essex

<b>Edith Borthwick School (4Children)</b>	
01621 827858	Braintree
07876 136249	
<b>PARC Play and Resource Centre</b>	
01376 528999	Braintree
<b>Columbus Discovery Club</b>	
01245 258667	Chelmsford
07531 846988	

## North East Essex

<b>Lexden School (4Children)</b>	
01621 827858	Colchester
07876 136249	
<b>Stepping Stones</b>	
01206 86467	Colchester
<b>Dimensions (Buddies)</b>	
0845 1602299	Colchester and Tendring
<b>Shorefields School (4Children)</b>	
01621 827858	Tendring
07876 136249	
<b>The Ark Centre</b>	
01255 502063	Tendring

## West Essex

<b>Epping Forest District Council</b>	
01992 564557	Epping Forest and Harlow
<b>Sam's Place</b>	
01279 446192	Harlow
<b>Efua Sey</b>	
01279 457542	Harlow
<b>Accuro</b>	
01279 433667	Uttlesford, Harlow and Epping Forest
01279 433117	

## Participation in Leisure Activities

Support to participate in chosen leisure activities, removing the barriers to inclusion and developing.

<b>Royal Association of Deaf People (RAD)</b>	0845 6882525
<b>Core Assets Children's Services</b>	01702 421155

## Individual Daytime Care

If you feel that some hours over a period of time would be helpful – this can be up to 28 hours over a six month period, please contact your CWD Social Worker for further information.

<b>Premier Children's Services</b>	01702 389555
<b>EPIC Essex Palliative and Integrated Services</b>	01245 430767
<b>Accuro</b>	01279 433667
<b>Crossroads Care Brentwood and Basildon</b>	01277 201789
<b>Crossroads Care – Braintree and Chelmsford</b>	01376 529985
<b>Crossroads Care Redbridge, Epping and Harlow</b>	01992 572557
<b>Crossroads Care for Tendring and Colchester</b>	01255 860960
<b>Crossroads Care East Anglia (formerly Crossroads Care Uttlesford)</b>	01799 513496
<b>Core Assets Children's Services</b>	01702 421155
<b>Hamelin Trust – Outreach Services</b>	01277 314233
	0845 1602299
<b>DimensionsBuddies@home</b>	01473 731241
	07753 976895



# Holiday Overnight Stays

<b>Essex Outdoors</b> 01245 436399	Danbury Harlow Mersea
<b>Accuro</b> 01279 433667 01279 433117	Epping Forest Harlow Uttlesford
<b>The ARK Centre</b> 01255 502063	Tendring

# Residential Overnight Stays

Additional assessments and referrals needed – Please contact your CWD Social Worker

<b>Lavender house • The Maples • Seaside Cottage</b> <b>Christopher’s Cottage • Hamelin Trust</b> <b>Langley House</b>	Situated in various locations across the county
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# Recruiting Personal Assistants

Personal Assistants to support children and young people - for families to directly employ.  
You can ring directly.

<b>Cool2Care</b>	0845 123 5484
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# Shared Foster Care

## Care in another family’s home

Essex County Council Fostering Service Families who have been approved as Foster Carers.

<b>Accuro</b>	01279 433667 01279 433117
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# Directory

SNAP is a support group for Essex families with Children and young people aged 0 to 25 years with any special need or disability.

[www.snapcharity.org](http://www.snapcharity.org)

The SNAP website ([www.snapcharity.org](http://www.snapcharity.org)) provides details of all SNAP’s services including the online SNAP Directory, latest newsletter, archive family newsletter articles, newsroom stories and fundraising information, including photographs of the many fantastic facilities at the centre.



## Run by Parents for Essex Families

FACE represent the views & experiences of parents/carers of children with a disability or additional needs. It is vital that all families within Essex have their say on issues relevant to them. To share your experiences/views or find out more please contact:

**The FACE team**  
Email: [info@face-essex.org](mailto:info@face-essex.org)  
Call 01245 608231  
Call or text 07910 883337  
  
Write to us at FACE, Moulsham Mill,  
Parkway, Chelmsford, Essex CM2 7PX  
  
Come and see us on facebook  
[www.facebook.com/faceessex](http://www.facebook.com/faceessex) and  
follow us on Twitter@FACE\_ESSEX





## How can we contact the Short Breaks for Disabled Children's team in Essex?

We would like to hear from you because your questions, feedback and views are very important.

To discuss anything related to Short Breaks for Disabled Children, please do not hesitate to contact:

By email: [shortbreaks@essex.gov.uk](mailto:shortbreaks@essex.gov.uk)

By tel: 01245 436864

### Georgina Parkin

By email: [Georgina.parkin@essex.gov.uk](mailto:Georgina.parkin@essex.gov.uk)

By tel: 07787566657

### Tony Crouch

By email: [Tony.crouch@essex.gov.uk](mailto:Tony.crouch@essex.gov.uk)

By tel: 01245 436777

### The FACE team

By email: [info@face-essex.org](mailto:info@face-essex.org)

By tel: 01245 608231 or tel/text: 07910 883337

As a forward thinking, customer-focused authority, from April 2012 Essex County Council (ECC) has become 'digital by default' and has moved its publications online.

Essex County Council's commitment is to provide clear, accurate and accessible information to all residents, partners and service users.

In line with Essex County Council's commitment to reduce spend and help deliver a more accessible, versatile service for residents this publication has been produced in hard copy in small numbers for distribution. It is also available to view online at [www.essex.gov.uk/publications](http://www.essex.gov.uk/publications). A PDF copy can be requested via email, please contact [shortbreaks@essex.gov.uk](mailto:shortbreaks@essex.gov.uk) or telephone 01245 436864. Thank you.

The information contained in this document can be translated, and/or made available in alternative formats, on request.

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