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# Short Break Statement for children and young people in Rutland

2024 - 2025

Support for families in Rutland



**Rutland**  
County Council

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# Short Break Statement 2023-2024

This statement covers the period 1st  
April 2024 until 31st March 2025



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## What is the purpose of this Statement

Supporting children and young people with Special Educational Needs and Each Local Authority must write a Short Break Statement to let families know what short breaks are available, who can use each sort of short break and how the support is being developed to make sure it is what families need.

Comment from parent:

“ I felt refreshed and better able to give care on their return. ”

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## What is a short break?

A short break provides an opportunity for children and young people with special educational needs or disabilities (SEND) to spend time away from their main carers, and at the same time, provides parents/carers with a valuable break away from their caring responsibilities. A short break ranges from an hour at an activity to a weekend away. Children and young people are offered enjoyable experiences away from their primary carers to help their personal and social development.

Short breaks can be in the home or in the community. They can be during the day, overnight, afterschool, during school holidays or at weekends. Short breaks can be provided by different people including voluntary organisations, (e.g. a local Cubs Pack), and private companies, (e.g. fitness centres), as well as by Rutland County Council as your Local Authority.

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# What is Rutland's approach to short breaks?

Supporting children and young people with Special Educational Needs and Disabilities (SEND) is an important part of Rutland County Council's Early Help offer which is fully explained in a separate document called Rutland County Council's offer to Children and Young People with Special Educational Need and Disabilities (SEND). As part of this offer, Rutland County Council work with local and national organisations to provide a range of short break opportunities to meet the different needs of children and young people in Rutland.

Short breaks in Rutland range from inclusive universal services, such as sports clubs and village youth clubs, to specialist opportunities through the Aiming High Service. This Service supports children and young people with more complex needs who may struggle to go to groups or activities in the local community. These opportunities are designed to meet children's different needs including those with Autistic Spectrum Disorder, complex health care needs, learning difficulties, behaviour which challenges and specialist equipment needs. The Aiming High Service will always try to adapt to meet the needs of all children and young people who would like to be involved.

## ***To make sure short breaks give the most benefit to families, Rutland County Council will:***

- Provide short breaks that support parents, carers and siblings to live everyday family lives
- Work hard to listen to and involve children and young people and their parent or carer
- Work with other organisations, such as local community groups and businesses to develop more inclusive services
- Help children to be happy, healthy and safe in their community by developing their confidence and independence
- Try to provide a choice of short break services at places which are easy for families to get to

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## How does a family benefit from a short break?

Short Breaks in Rutland provide:

- Support for parents and carers so that they are able to continue to be their child's carer
- Parents and carers time to spend with their spouses, partners or other children in the knowledge that their child is safe, well cared for and having fun
- Parents and carers time to look after their own wellbeing

Comment from parent:

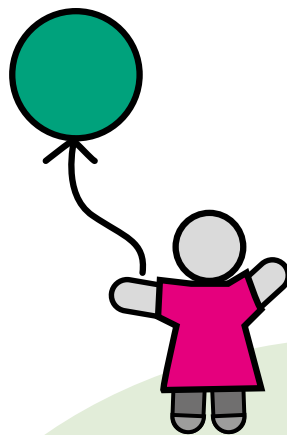
“ I spent time with other family members ”

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## How will my child benefit from a short break?

Short breaks provide an opportunity for children and young people to:

- Not feel alone and make new friends
- Enjoy fun experiences away from their main carer and to socialise with their friends
- Develop confidence and self esteem
- Learn new skills and take part in new leisure activities
- Develop independence and prepare them for adulthood

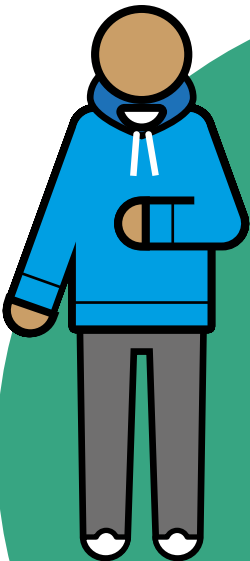


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## What does the legislation say?

Guidance on putting the 'Breaks for Carers of Disabled Children regulations 2011' in place states that Local Authorities must:

- Provide a range of short break services
- Publish a Statement of their short break services on their website
- Keep their Short Break Statement under review
- State what short break services are available, who can have short breaks and how they are meeting the needs of families
- Consult parents on short break services
- Give families the opportunity to have short break services using a direct payment
- Make sure the eligibility criteria considers the individual needs of families



Comment  
from parent:

“ I knew that he was with other young people, having a good time and being well cared for. ”

Comment from child  
and young person:

“ I like that we  
can choose  
what we do. ”



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## Who can get support in Rutland?

Families living in Rutland who have a child with a disability aged 25 years or under who is substantially affected in their everyday living. This may be due to a physical or learning disability, sensory impairment (hearing, visual or speech), autistic spectrum conditions, behaviour that challenges and those with complex health needs.

Wider services and support available to children and young people with disabilities are explained in the Rutland County Council's [offer](#) to Children and Young People with Special Educational Need and Disabilities (SEND).

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# What short breaks are available in Rutland?

Short breaks in Rutland range from inclusive universal services, such as sports clubs and village youth clubs, to specialist opportunities through the Aiming High Service.

## **Universal Services**

These are services, activities and places available to all children and young people and include activities run by Services for Young People and the Library Services at Rutland County Council, as well as those that are run by local community groups. Universal services also include those run at sports centres or schools and will be the first choice for many families.

Rutland County Council works with organisations in Rutland to help them be inclusive by helping them understand and support the needs of disabled children and young people.

## **Who can attend?**

Children and young people will need to meet any criteria stipulated by the provider, usually just age restrictions.

## **What can I get?**

Unlimited, depending on availability via local providers. There will usually be a cost to attend.

## **How do I get it?**

Details are available on Rutland Information Service and most are booked directly with the provider.



## **Aiming High Activities**

Some children and young people with special educational needs and disabilities prefer to go to groups and services that are specifically run for them. In Rutland these are called Aiming High activities and include youth clubs, art, dance, sports, music and activity weekends.

The Aiming High Service currently offer a range of activities and groups at a variety of locations across the County.

## **Who can attend?**

Activities are open to any disabled child or young person who lives in Rutland and has joined the Aiming High Register. Age restrictions are dependent on the group or activity.

## **What can I get?**

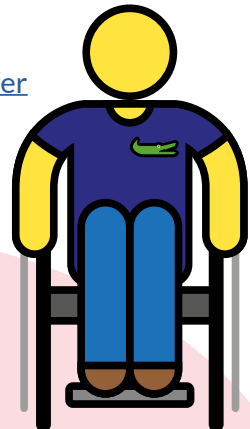
Unlimited, although children and young people who have not attended certain activities before may be given priority. Numbers may be limited depending on the activity for safety reasons. There is usually a small cost for these activities.

## **How do I get it?**

Details are available on the Local Offer and can be booked via Aiming High Team on 01572 758390, [aiminghigh@rutland.gov.uk](mailto:aiminghigh@rutland.gov.uk) or the [Aiming High Facebook page](#).

Other local voluntary groups such as the Rutland Rotaract Family Support Centre and Sunflowers Group, as well as The Family Hub also provide various support and activities for families.

Further details can be found on the Local Offer at <https://www.rutland.gov.uk/aiminghigh/send-local-offer>



# Aiming High Short Breaks Scheme

The Aiming High Short Breaks Scheme provides families with a personal budget in the form of a direct payment. The Short Breaks Scheme aims to meet the individual needs and interests of children and young people who require additional support to either go to, or join in leisure activities.

## Who can apply?

There is no assessment to access the Short Breaks Scheme which is available to children and young people who are:

- Aged 5 years to 25 years
- Resident in Rutland
- Not receiving support funded by Rutland Social Care
- In receipt of higher level Disability Living Allowance/Personal Independence Payment (care component)

Or

- At a special school or Designated Special Provision (DSP) or Enhanced Resource Provision (ERP) funded by Rutland County Council and are in receipt of mid-rate Disability Living Allowance/ Personal Independence Payment (care component)

Comment from young person:

“ I didn't have any friends until I came to the group. ”



Comment from parent:

“ I think it showed him how to be more independent, more interactive and more social. ”



### **What can I get?**

A Short Breaks Scheme personal budget of up to £1000 per year is available. Many families choose to employ a personal assistant to support their child. Payments are made into a special bank account so children and young people, together with their parents or carers can decide how they want to use the money so they can enjoy their leisure time by choosing what works best for the whole family.

Families have to report to Rutland County Council on how they spend the money and guidance is available on what the Short Breaks Scheme payment can be spent on.

### **How do I get it?**

Once you are satisfied that your child meets the eligibility criteria for the Short Breaks Scheme you will need to submit your application to Rutland County Council by [completing the form](#) on the local offer. You will then be sent an agreement for you to sign and return, confirming you accept the conditions and responsibilities.

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## What if I am still struggling?

Some families may need more short break support than is available through the Aiming High Service.

Our Early Help and Social Care service for disabled children can provide support for disabled children and their carers. An Early Help Assessment is designed to highlight your needs as a family and may be the best option for you. You may have a right to have your child's needs assessed by a social worker. The assessment is used with you to gather information about your child and your family, so a decision can be agreed about what help you may need.

Children with disabilities are regarded as Children in Need (CiN) under Section 17 of the Children Act (1989) and are therefore entitled to an assessment of their needs. Where an assessment shows there is a need for a higher level of support than Early Help or Aiming High can provide, then a child or young person is allocated a social worker. The child or young person will have a CiN Plan and a suitable package of care agreed with you to meet their needs and you will have a CiN meeting every 12 weeks.

These meetings include parents, your child or young person and many of the people working with your child. The meetings are to consider the progress being made in all areas, including developing independence.

If a package of care is agreed, the funding will be sourced and agreed to provide this. This funding is called a personal budget. Families may choose to have services provided to them or a Direct Payment. A Direct Payment is an agreed amount of money which is paid to the family to buy short breaks, services, equipment etc for their child instead of the Council or Health Authority organising services for them.

Full details of the assessment process and wider services and support available to children and young people with disabilities is explained in Rutland County Council's offer to Children and Young People with Special Educational Need and Disabilities (SEND).

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# What difference does it make to children and young people and their families?

We want to make sure that children and young people get positive experiences and that our services, including the short breaks, contribute positively to their health and well-being.

We continually find out what difference it makes by asking children and families. We use this feedback to design new services, find out what's working well and what we need to change.

## What we know about our short breaks

**135**

disabled children/  
young people  
had a short break  
through Aiming High  
during 2023

**76%**

of parents say  
"Short Breaks had  
helped increase their  
child's social and  
communication  
skills"

**99%**

of children/young people  
say "Aiming High  
activities are good  
or brilliant fun"

**91%**

of parents on the  
Short Breaks Scheme  
stated that they coped  
better because of it

Comment from parent:

“ It was nice to enjoy having one child all to myself and have a fun girls weekend. ”

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## How do you know you are providing what families need?

The Short Breaks offer is continually shaped by talking with parents, children and young people. We will continue to speak with families and make changes based on what we are told.

Do let us know what you think by contacting us via [The Local Offer](#) or via [aiminghigh@rutland.gov.uk](mailto:aiminghigh@rutland.gov.uk)

Children and young people are asked for their views via the feedback button on the the Rutland Disabled Youth Forum as well as after each short break activity they attend. Children and young people help plan the Aiming High Activities and their comments continually shape the range on offer.



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# How do I know what's on?

Families are encouraged to join the Aiming High Register which is a confidential computer list of children and young people with disabilities who live in Rutland. If you choose to join, you will be regularly sent relevant information. Families are often asked for feedback which then influence services in the future.

Young people's information remains on the Aiming High Register until they are 25 years old unless requested otherwise. Personal information is never shared or made public.

If you wish to register on the [Aiming High Register](#) please contact the Aiming High Team on 01572 758390 or [aiminghigh@rutland.gov.uk](mailto:aiminghigh@rutland.gov.uk) or register on the Local Offer website.

Rutland County Council put details of Short Breaks, including Aiming High and local activities, in a range of places which hopefully families find easy to find and useful:

- The [Rutland Information Service](#)
- The [Local Offer](#)
- Via the [Aiming High Register](#)
- Facebook – [Aiming High](#)
- Communication with school SENCOs, professionals and voluntary organisations
- [Rutland Parent/Carer Voice](#)
- [Rutland Disabled Youth Forum](#)

This Short Break Statement will  
be reviewed by April 2025

Comment from a  
young person:

“ **Aiming High  
give me a chance  
to feel normal.** ”



**Rutland**  
County Council

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