

# Short Breaks for Disabled Children

Newsletter  
Easter 2018



London Borough  
of Hounslow

FREE Easter Holiday  
Short Breaks inside!

# Welcome

Welcome to the Easter Short Breaks Newsletter! Hopefully, you will find plenty of activities and services to suit you and your children! Hope you all have a great holiday.

## The Short Breaks Team



## 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.

**If you have any queries, please do call the Short Breaks team on 020 8583 3636 or email [shortbreaks@hounslow.gov.uk](mailto:shortbreaks@hounslow.gov.uk)**

## Parents Forum – Dates for the Diary



The Parents Forum gives you an opportunity to meet with other parent/carers of disabled children and to discuss issues surrounding SEN with them and professionals. The meeting is always attended by the Short Breaks team and gives us the opportunity to talk about our plans for the programme and to take feedback about Short Breaks activity. The Chair is another parent/carer like yourself. It gives you the opportunity to help shape how the programme develops and to ensure that your voice is heard! Come and join us!

### Location:

The Conference Room,  
Can Mezzanine, Hounslow, 45 Treaty Centre, High Street, Hounslow TW3 1ES

Times: 10am-12noon

### Diary Dates for 2018:

- 22 March 2018
- 26 April 2018
- 24 May 2018

**If you need crèche support to attend these meetings, please call the Short Breaks team on 020 8583 3636 at least a week before the meetings.**

## SHORT BREAKS BOOKING PROCEDURE

### – please read

This newsletter has been sent out to families on Wednesday 7 March and families will be able to book Short Breaks as from the week commencing 12 March. No bookings will take place before Wednesday 14 March.

<b>Wednesday 14 March</b> .....	Pathway		(with UIN)
<b>Thursday 15 March</b> .....	Pathway		(without UIN)
<b>Friday 16 March</b> .....	Pathways		 (with UIN)
<b>Monday 19 March</b> .....	Pathways		 (without UIN)
<b>Tuesday 20 March</b> .....	Pathways		  (with UIN)
<b>Wednesday 21 March and thereafter</b> ..	Pathways		  (without UIN)

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.

### 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, Kids Cookery, Feltham Bees, Richmond Music Trust, Three Wings, Watermans, Griffin Park Learning Zone, Park Lane Stables, Hounslow Extra Club, Core Assets, Kids) will all be using the UIN process as well as the services provided directly by Short Breaks eg. the trips to the theme parks in the summer, the Christmas parties and Decisions R Us.

### 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](http://www.taxicard.org.uk)



### What is the Local Offer?

Hounslow Local Offer publishes information about services available for children and young people (aged 0 to 25) with special educational needs and disabilities in Hounslow. You can find it here: [www.hounslowlocaloffer.uk](http://www.hounslowlocaloffer.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**.

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

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

provides free impartial and confidential information, advice and support about special educational needs and disability across the range of special educational needs (SEN), and health and social care where related to SEN. This service was previously called the **Parent Partnership Service**.

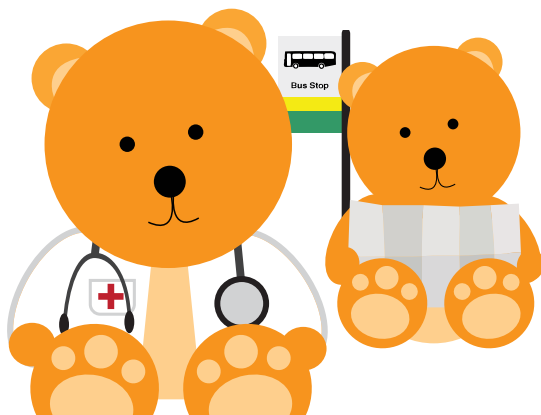
SEND IASS can offer a service to parent and carers of children and young people aged 0 to 25.

The SEND IASS can offer information related to:

- schools, colleges & early years settings
- statutory assessment and Education Health and Care Plans (EHCP)

- transfer from Statements of SEN to EHCP
- appeals
- annual reviews and transfer reviews
- access and equality
- exclusions
- health services on the Local Offer
- Independent Support
- social care assessments
- support groups and help with the Local Offer
- transport

SEND IASS offers parents and carers a flexible menu of ways in which it can



offer support around Special Educational Needs. These include:

- advice from a trained member of staff over the telephone or via email
- face to face support at a meeting
- where necessary meetings at home or a community setting

### **SEND IASS Independent Support**

Independent Support is a programme to support young people and their parents during the Special Educational Needs and Disabilities (SEND) reforms.

Independent Support is limited to new statutory assessments and transfer of statements of SEN to an EHCP.

Independent Support can be accessed by any parent or carer of a child with SEN or a disability, or by any young person aged 16 to 25, who are going through a new statutory assessment or transfer.

Independent Supporters can help parents or young people to gather information for drafting their EHC plan. They can provide advice and support for parents and carers of children with SEN, and young people with SEN, through the statutory assessment and EHC plan processes. Independent Supporters can

offer a range of time-limited support such as liaison across different agencies, help with submitting views and wishes or understanding draft EHC Plans. The level and nature of that support will be tailored to the particular needs of individual families.

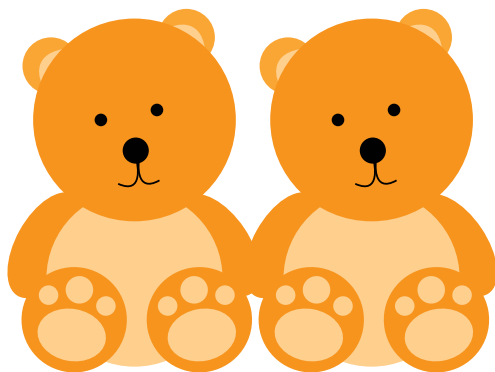
**Independent Supporters accessed via the SEND IASS are coordinated and quality-assured by the SEND IASS, however they operate independently of the Local Authority.**

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**For more information contact:**

**SEND IASS Tel: 020 8583 2607**

**Email: [SENDIASS@hounslow.gov.uk](mailto:SENDIASS@hounslow.gov.uk)**



# Decisions R Us

**Bid for up to £500 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 applied in this financial year, ie. From 1 April 2018 to 31 March 2019, you will have to wait until 1 April 2020 to apply again. We have had to do this as the scheme is growing in the number of applications made and our budget remains the same and we want to make sure that as many young people are able to access as possible and that it remains manageable. If you have a difficulty or would like to discuss this further, please call on 020 8583 3636.**

Last year young people in Hounslow were given the opportunity to apply for funding for their own short break or activity. These included horse riding, swimming lessons, gymnastic classes and even a residential weekend at an activity centre!

Once again, funds have been allocated to young people, 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 can bid for up to £500 (or £1000 for a group activity) to fund their own short breaks.

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](http://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 a panel made up of young people, councillors and senior management from the Council who will make a decision about individual applications.

Please remember that bids for IT equipment including gaming consoles will not be considered. Please also note that if you bid for funding towards swimming lessons, it will be up to the parent/carer to find an instructor for the young person.



The Decisions R Us panel is:

- about disabled children and young people being actively engaged and participating in the whole decision making process on activities and projects they would like to do
- is about encouraging and allowing children and young people to shape, develop and deliver activities for themselves and other children aged 5 - up to 18 years old

The youth panel is managed and supported by the staff at the Westbrook Short Break Unit and the Short Breaks team. The meeting dates for this financial year are as follows: **13 June 2018** (deadline for applications 5 June 2018); **12 September 2018** (deadline for applications 4 September 2018); **14 November 2018** (deadline 6 November 2018); 16 January 2019 (deadline for applications 8 January 2019); **6 March 2019** (deadline for applications 26 February 2019).

If you are interested in applying, please call the Short Breaks team on 020 8583 3636 who will be happy to send you an application form. The application form can also be found online under the Short Breaks section of the Hounslow website, [www.hounslow.gov.uk/decisionsrus](http://www.hounslow.gov.uk/decisionsrus)

If you are interested in applying, please call the Short Breaks team on 020 8583 3636.

*PS. Don't forget you can apply for a Merlin pass!*



**EXCLUSIVELY for  
Hounslow Parent/Carers**

# EPOCH DAY II

**Early Point of Contact, Hounslow**

**Hounslow Parent/Carers Forum** is holding an

## **Information Day**

**at West Thames College**

London Rd, Isleworth TW7 4HS

on **23rd March 2018 10am – 3pm**



This is kindly being supported by Hounslow Council. So if you have questions for any of the following services, then you can speak **face to face** with:

Housing
Department of Work and Pensions
Transition Team
Citizens Advice Bureau
Speech & Language Therapy
SENCo
A Social Worker
Physiotherapy
Occupational Therapy

*Transport, Housing, SENCo, EP, a SW AND CAMHS are yet to be confirmed.*

So this is now your chance to attend a **One Stop Shop** for all the above services.

For further information about what services will be attending or other information please call us on the number below or visit our website [www.hounslowpcf.co.uk](http://www.hounslowpcf.co.uk). It might be worth checking the times of the workshops before booking your appointments, in case you miss something that you would like to learn about.

To **book** any of these surgeries (maximum 2 per family) call on **Monday 12th** and **Tuesday 13th March 2018 10am-3pm**, by ringing us on 020 3096 4276 or text on 07881 788483.

### **DROP-INS**

We will also have Short Breaks, the Local Offer, Care Place. And we are hoping to have Yoga, food and EHCP workshops (times to be arranged) which you don't need to book, just turn up on the day.

Also especially for YOU...some pampering sessions will be available.

And if that isn't enough LUNCH will be provided.

For any questions call us on the above numbers or email:

**[Hounslowpcf@gmail.com](mailto:Hounslowpcf@gmail.com)**

For us to send you future information about the things we do for parent/carers and updates you can always become a Forum member - which is free. Forms will be available on the day.

One last thing – If you are a Hounslow parent/carer then each family who turns up on the day will be entered into a raffle, with the first prize being £40.

**We look forward to seeing you there.**



# 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.

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## 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 (special) school and will need some additional support to access short breaks. They may have a Statement of Special Educational Need or an Education, Health and Care Plan.

**Pathway 3:** The child will most likely attend a specialist (special) school and require specialist support to access short breaks. They will most likely have a Statement of Special Educational Need or 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

	<b>Dimension</b>	<b>Pathway 1 Level of Need</b>	<b>Pathway 2 Level of Need</b>
<b>Band A</b>	Mobility	Able to walk unassisted, but with difficulty or poor co-ordination.	Walks, but on wheelchair so
	Vision	Severe or profound problem with one eye. Less than half visual field loss. Able to function independently.	Able to read p Defect of at le registration as
	Hearing	Severe or profound hearing loss in one ear. Hearing loss 20-40 dB	Hearing loss 4
	Functioning and Learning ability	Overall functioning slightly below expected level for age. May have a mild or moderate learning disability	Overall functi Has a modera
	Health	Known health condition, which is under control but occasionally interferes with everyday activities in a minor way.	Health condit self-care and May interfere education.
<b>Band B</b>	Communication	Delayed language development only.	Delayed/ diso causing diffic communicatio
	Personal care	Child requires minimal support beyond that of their peers with everyday care needs; this will include toileting, washing and dressing.	Child requires peers with ev toileting, was
<b>Band C</b>	Safety and Supervision	Requires occasional supervision beyond that expected for their age. Poor sense of danger or risk of excitability.	Needs superv significantly g developmenta self or others.
	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 pro require some support requi able to sustain requires servic family.

**Children and young people who meet one or more of the criteria within Band A are likely to meet both Bands B and C are likely to meet that Pathway. For more information please discuss your**

Need	<b>Pathway 3</b> <b>Level of Need</b>
<p>Only with aids or assistance. May use a sometimes.</p>	<p>Full time wheelchair user and/or Mobility severely restricted without special provision.</p>
<p>Print with simple aids or assistance. At least half visual field. May be eligible for partially sighted.</p>	<p>Unable to read large print without intensive educational assistance or sophisticated aids. Registered.</p>
<p>41-70 dB</p>	<p>Hearing loss &gt;71 dB</p>
<p>Functioning around half expected level for age. Severe learning disability</p>	<p>Overall functions significantly below expected level for age. Have a severe learning disability or a moderate learning disability and diagnosed ASD.</p>
<p>Condition that limits normal activities, including personal hygiene, access to services. Limited opportunities for development or</p>	<p>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.</p>
<p>Organised verbal communication. Speech supplemented by alternate communication method.</p>	<p>Uses communication other than words, e.g. symbols, makaton, BSL.</p>
<p>Requires practical support beyond that of their everyday care needs; this will include toileting and dressing.</p>	<p>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.</p>
<p>Inability to perform daily activities greater than that expected for chronological age. Limited perception of danger to</p>	<p>Needs constant supervision during the day and night. Would place themselves or others at risk without supervision.</p>
<p>Problems severe or frequent enough to require specialist advice or provision. Significant difficulty to achieve social integration. Only limited peer relationships with support. Child requires services to prevent or alleviate stress in the</p>	<p>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.</p>

**Children and young people who meet that Pathway. Children and young people who meet one or more of the criteria within their son/daughters needs with the short break provider or Aiming High on 020 8583 3636.**

# Redlees Play Centre

Worton Road, Isleworth TW7 6DW

## Redlees Sunday Drop-Ins

**18 March 2018; 8 & 22 April 2018;  
6 & 20 May 2018; 3 & 17 June 2018;  
1, 15 & 29 July 2018**

Free Sunday drop-ins alternating with Reflections. Opening times are from 10am to 2pm. For 'drop-in' sessions for children and young people with special needs and their families. Come and enjoy the sensory room, soft play area and playground equipment in the walled garden of Redlees.

Contact: Sharon Smith on 020 8583 2920  
or email: Sharon.smith2@hounslow.gov.uk



## Redlees Throughout The Year.....

### Transitions Youth Club – Our Barn

A youth club for young people aged between 16-25 from 3-6pm every Sunday during the year except for the summer holidays. Lots of activities and entertainment, providing a positive, fun and supportive place to hang out. Transport is available. Snack foods will be provided. Check the website for additional opportunities – [www.ourbarn.org.uk](http://www.ourbarn.org.uk).

For further information or to book a place, please call Karen Adams or Judith Sheppard on 0300 777 2800 (Out of hours 07933 396851) or email [community@ourbarn.org.uk](mailto:community@ourbarn.org.uk)

### One O'Clock Club

An inclusive range of indoor and outdoor play activities for children under 5 years, as well as a social centre for parents and carers and a place to find out about other services in Hounslow.

Contact: Sharon Smith on 020 8583 2920  
or email: Sharon.smith2@hounslow.gov.uk

### National Childminders Association Stay & Play

Weekly drop-in stay and play sessions for childminders providing care for children with additional needs, Thursdays, 9.30 – 11.30 during term times. Contact: Short Breaks on 020 8583 3636.

# Our Barn Carers Support Group



## Celebrating Carers

### Carers' Support Group

**Wednesdays, 10am to 1pm**

**At the Bridgelink Centre,  
Summerwood Road, Isleworth TW7 7QR**

- Support to deal with the emotional impact of being a carer from our accredited counsellor
- Support with form-filling and practical advice from our team of experienced volunteers

Session details on the Our Barn website events calendar: [www.ourbarn.org.uk](http://www.ourbarn.org.uk)

If you require support on a complex matter or other lengthy form please make an appointment by email to [community@ourbarn.org.uk](mailto:community@ourbarn.org.uk) or by phone 0300 777 2800.



## Multisports Sessions

**for young people aged 16 to 25 years with learning disabilities or autism**

A chance to improve fitness and be active with support from our great team at a variety of venues depending on the sport.

We will be offering a range of sports, including our favourite five-a-side football, boccia and preparing for the Osterley Park 7km Night Run.

Session details on the Our Barn website events calendar: [www.ourbarn.org.uk](http://www.ourbarn.org.uk)

Contact [community@ourbarn.org](mailto:community@ourbarn.org) or 0300 777 2800 if you would like to take part.



**The London  
Community  
Foundation**

## Gardening For Young People aged 16 to 25 with autism or other learning disabilities

Anyone with a learning disability or autism is welcome to attend the gardening sessions. They are free to attend. We expect all our carers to join in with the activities as a gardening volunteer.

For further information, contact Judith Sheppard, tel: 0300 777 2800 or email [judith@ourbarn.org.uk](mailto:judith@ourbarn.org.uk)  
[www.ourbarn.org.uk](http://www.ourbarn.org.uk)



# Easter 2018 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.

## Reflections Sunday 'Drop In' Sessions



**25 March 2018**  
**15 & 29 April 2018**  
**13 & 27 May 2018**  
**10 & 24 June 2018**  
**8 & 22 July 2018**

### LBH PLAY TEAM

'Reflections' c/o Hounslow Urban Farm, Faggs Road, Feltham TW14 0LZ.

Tel: 020 8893 2429

Opening times are from 10am until 2pm. It is free to come in! You do not need to book, just come along!

'Drop in' sessions for children and young people with special needs and their families. There is a relaxing, white room, a ball pool, soft play area and garden for you to enjoy.

Parents and carers have responsibility for their children at all times.

To find out more information please ring the Play Team on Tel: 020 8583 2920 or e-mail Sharon.smith2@hounslow.gov.uk



*Cost per person to Short Breaks: £11*

## Horse Riding with Park Lane Stables

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 4 young people in each session. So that we can be as fair as possible, only one session per child can be booked. Please note that there is a weight limit of 14 stones. These sessions are for the disabled child. In exceptional circumstances, siblings may be included if there are spaces on the day. We will only take bookings for one session per child so that we can include as many children as we can.



Unfortunately, the stables do not have a hoist so this activity will not be suitable for wheelchair users. However, we are doing our best to organise this for the future.

### Sessions during Easter holidays:

Tuesday 3rd April – 11 am - 1pm.

Wednesday 4th April – 11am -1pm

Monday 9th April – 11am -1pm

Thursday 12th April 11am -1pm

Address: Park Lane Stables, Park Lane, Teddington, Middlesex TW11 0HY

To book a place, please call Short Breaks on 020 8583 3636.



Cost per person to Short Breaks: £50

## LBH Play Team

The LBH Play Team are running these schemes over the Easter holidays:

### ASD Play Scheme for 11+ years

### ASD Play Scheme for 5-11 years

If you have any further queries regarding referrals or for further information regarding the play schemes, please contact Sharon Smith on 020 8583 2920 or email Sharon.Smith2@hounslow.gov.uk



# Easter 2018 activities

## Watermans Theatre

### In the cinema...

Tuesday 3rd April at 11am

### Early Man



Set at the dawn of time, when prehistoric creatures and woolly mammoths roamed the earth, Early Man tells the story of Dug, along with sidekick Hognob as they unite his tribe against a mighty enemy Lord Nooth and his Bronze Age City to save their home.

*Cinema – cost per person to Short Breaks: £7.50*

### In the theatre....

Thursday 12th April at 3pm

### Perfect

A young boy waits for the birth of his new baby sister... His excitement bubbling over at the thought of a new playmate to race and chase with. He can't wait to tell her all about the swifts which nest not far from the top window of their pointy house... it's nearly time, she's nearly here.



The touching story of a boy meeting his disabled sister for the first time, with stunning puppetry, original live music, animation and physical theatre from the award-winning Tessa Bide. An imaginative retelling of the book by Nicola Davies and Cathy Fisher, opening up the subject of disability for young audiences. Perfect is a remarkable story of anticipation and disappointment, acceptance and love, and the power of nature in all our lives.

To book either the film or the theatre show or both, please call Short Breaks on 020 8583 3636.

Watermans Studios, 40 High Street, Brentford TW8 0DS



*Theatre – cost per person to Short Breaks: £8*



## Feltham Bees

Feltham Bees will be running a Soccer/ Arts + Crafts Camp in the Easter holidays at Springwest Academy, Browells Lane, Feltham TW13 7EF.

Dates: Wednesday 4 April - Friday 6 April

All budding Jermain Defoe'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 further information and to book your place, contact Ray Coleman on 020 8831 3032.



*Cost per person to Short Breaks: £17*



## The Kids Cookery School



The Kids Cookery School, a registered charity, will be delivering a fun and practical cookery session during the holidays for

children and their siblings! With a focus on healthy eating, they will show you how to make nutrition fun, accessible, cost effective and simple. Details are as follows:

### **During Easter:**

Wednesday 4th April: 5-10 years

Thursday 5th April: 11+

Wednesday 11th April: 11+

Thursday 12th April: 5-10 years

### **Saturday sessions:**

Saturday 12th May: 5-10 years

Times: 10am – 12pm

The student will not need to bring any materials. We supply all materials and ingredients, including take away containers and aprons etc.

We will be taking bookings for 12 students for each session. No more than two sessions per child.

The Kids Cookery School 107 Gunnersbury Lane, Acton, London W3 8HQ

To book a place or to find out more information please ring the Kids Cookery School on 020 8992 8882

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

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



*Cost per person to Short Breaks: £35*

# Easter 2018 activities

## Brentford Sports



**BRENTFORD FC**  
COMMUNITY SPORTS TRUST



**fusion**

### Swimming lessons

#### Hanworth Air Park Leisure Centre

Uxbridge Road, Hanworth, Middlesex  
TW13 5EG

#### Wednesday 4th April

(1.30 – 2.15 and 2.30 – 3.15pm)

#### Monday 9th April

(1.30 – 2.15 and 2.30 – 3.15pm)

#### Wednesday 11th April

(1.30 – 2.15 and 2.30 – 3.15pm)

#### Heston Pools and Fitness

New Heston Road, Heston, TW5 0LW

#### Tuesday 3rd April

2–2.45pm (for beginners)

3 – 3.45pm (for intermediate swimmers  
able to swim 10 metres on their own)

#### Thursday 5th April

2–2.45pm (for beginners)

3 – 3.45pm (for intermediate swimmers  
able to swim 10 metres on their own)

#### Tuesday 10th April

2–2.45pm (for beginners)

3 – 3.45pm (for intermediate swimmers  
able to swim 10 metres on their own)

#### Thursday 12th April

2–2.45pm (for beginners)

3 – 3.45pm (for intermediate swimmers  
able to swim 10 metres on their own)



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.

Ages: 5 – up to 18

For more information or to book a space, please contact Chris Tribe on [ctrife@brentfordfcst.com](mailto:ctrife@brentfordfcst.com) or 020 8326 7041.



see above



*Cost per person to Short Breaks: £32*

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## Feltham Multi Sports (including Football, Tennis, Badminton, Basketball, Dodgeball, Adapted sports)

### Springwest Academy Sports Centre

Browells Lane, Feltham TW13 7EF

#### Friday 6 April (10am to 2pm)

Please note Rhythmic Gymnastics may also be available from 12.30 to 2pm. Please ask Chris about exact sports when booking.

Age: 6 - up to 18 years

For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 020 8326 7041.

*Cost per person to Short Breaks: £29*

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## 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 Easter holidays. The following activities have been confirmed so far:

#### Wednesday 4 April (12 – 2pm)

### Trip to National Tennis Centre in Roehampton for some Tennis Activities at the home of British Tennis

Further activities will also be confirmed nearer the time. For further details or to book a space for one of these activities, please contact Ben Lampert on [blampert@brentfordfcst.com](mailto:blampert@brentfordfcst.com) or 07842 479295 (Text only).



## Brentford Fountain Leisure Centre

Exclusive Short Breaks swimming sessions at Brentford Fountain Leisure Centre have been booked for:

#### Wednesday 4 and 11 April (9–11.30am)

Please remember that all children under 8 will need to be accompanied by an adult in the pool. For older children, parents are required to supervise at pool side (if they are not in the pool themselves!!). Please note there are no crèche facilities.

### Brentford Fountain Leisure Centre

658 Chiswick High Road, Brentford TW8 0HJ

To book a place or to find out more information please ring the Short Breaks team on 020 8583 3636 or e-mail: [shortbreaks@hounslow.gov.uk](mailto:shortbreaks@hounslow.gov.uk).

*Cost per person to Short Breaks: £7.50*

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## Pool Party

Come and join us for a dip and a dance! A pool party has been organised for Friday 13 April, between 5-7pm.

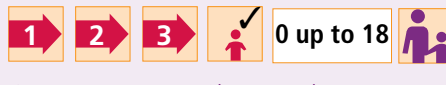


Please remember that all children under 8 will need to be accompanied by an adult in the pool. For older children, parent/carers are required to supervise at pool side (if they are not in the pool themselves!!) Crèche facilities will not be provided.

### Brentford Fountain Leisure Centre

658 Chiswick High Road, Brentford TW8 0HJ

**To book a place or to find out more information please ring the Short Breaks team on 020 8583 3636 or e-mail: [shortbreaks@hounslow.gov.uk](mailto:shortbreaks@hounslow.gov.uk)**



*Cost per person to Short Breaks: £7.50*

# Services Throughout The Year

## Music Therapy – Richmond Music Trust



### Music Therapy Programme for children now based at the HUB

Since the closure of 'Da Spot' Music Therapy is now provided from The HUB, also known as Beavers Children's Centre.

Music Therapists from Richmond Music Trust are offering 1:1 sessions to children aged 5-18, Pathway 2 & 3 on Saturdays.

Music therapy is based on the understanding that every child is musical and is able to respond and express him /her self through music. During sessions both the child and the therapist take an active part by playing, singing and listening. Children are supported to use a range of instruments including tuned/un-tuned percussion, string and woodwind instruments, drum kit, piano and the voice. Sessions are child-centred, allowing each child to explore the world of sound and music in his or her unique way.

By responding musically the therapist encourages this process and supports the expression of the child's individuality through his/her music. Sessions also include the use of pre-composed music, singing songs, song writing or musical games.

The Music Therapists are skilled in enabling anyone to make music by supporting unique forms of expression and unlocking creativity. They are experienced in reaching those who are isolated or withdrawn and are finding interpersonal contact and communication difficult. The development of a relationship between child and therapist is central to our approach to Music Therapy. Music Therapy is effective in supporting children with a range of disabilities to further develop in the area of communication, social skills, coordination, emotional expression, concentration and behaviour.



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## Feedback from parents who have accessed this programme:

*'I found the music therapy to be very ideal for my child due to his autism. In a relaxed environment he is learning to interact better. He has improved since he started therapy. He is taking turns and making really good eye contact. He is starting to be vocal and express himself more.'*

*'My son has benefited enormously from the sessions. He is more understanding of social situations and is more communicative.'*

*'The music therapy sessions were thoroughly enjoyed by my son who looked forward to each session. We found that he was happy to express himself through music and rhythm. Our child was introduced to a variety of instruments in a controlled environment. The therapist encouraged my child to participate in turn-taking activities and to also feel the importance of maintaining eye contact.'*

*'My son enjoyed the music sessions. I feel that having the opportunity to take part boosted his confidence and improved his social skills. The therapist was very gentle in her approach and tried to make the sessions fun.'*

You can find more details about music therapy on Richmond Music Trust's website: <http://www.richmondmusictrust.org.uk/musictherapy>

Each child will receive at least one block of 12 consecutive sessions (each being 40mins) taking place during school term time. Families must be committed to attend the 12 sessions to ensure the child is receiving the most out of the therapy

## Venues:

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### @ The HUB, 103 Salisbury Road, Hounslow TW4 7NW

Times: Saturdays, term-times, for available vacancies please contact Richmond Music Trust

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### @ Richmond Music Trust 7 Briar Road, Twickenham, Middlesex TW2 6RB

Times: Monday – Friday, for available vacancies please contact Richmond Music Trust

**To make a referral and discuss the service please contact Andreas Rosenboom, Head of Music Therapy, Tel: 020 8744 8097**

Email: [andreas@richmondmusictrust.org.uk](mailto:andreas@richmondmusictrust.org.uk)



*Cost per session to Short Breaks: £59*

# Services Throughout The Year

## Heathrow Gym – no need to book, just drop in



**Please note that on arrival parents are required to fill in a registration sheet which will ask 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.**

### **PLEASE NOTE NEW AGE AND HEIGHT RESTRICTIONS**

The sessions are open to children with a disability up to 7 years old or 130cm (4 feet, 2 inches). Brothers and sisters are

also welcome to attend but will need to be paid for by the family. 1 hour sessions. Monday – Friday opening times from 10-4 pm, last entry at 3pm. Please note new opening hours for Saturdays – the soft play area is now only open from 9-11am, these sessions are available in one hour blocks, ie. starting at 9am and starting at 10am. Sundays, the soft play area is closed.

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](mailto:shortbreaks@hounslow.gov.uk)**



*Cost per disabled child to Short Breaks: £4.50*

## 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 for a child with additional needs from 0-8 years at a registered Hounslow childminder of your choice.

This will provide an opportunity for both the parents and the childminder to start building a long-term supportive relationship for the child.

### What is a Registered Childminder?

A registered childminder is a person who looks after children under the age of 8, for more than 2 hours in any one day, and on domestic premises (usually the childminder's own home).

Registered childminders are found on the Hounslow Family Services Directory in the childcare section. Some childminders will display more information on their profiles than others but as a basic you will always see their name, address, contact details and their last Ofsted inspection report. From this information, it's advisable you then make contact with 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.

To search for a registered childminder go to:

- 1) <http://fsd.hounslow.gov.uk>
- 2) Click on the 'Childcare' icon



- 3) Select childminders from the choices next to the search option
- 4) A list of registered childminders will appear which you can then filter down by postcode to narrow your results. Some childminders may have listed specific experience they have in caring for children with a particular special need/ disability. In which case, their records will be marked with a green triangle named Local Offer.

### Points to remember

- The family/child must be registered with Shortbreaks to use this service
- The child must meet level of need pathway 2 or 3
- Once the 24 hours introductory offer is over, it will be the responsibility of the family to continue with the funding of the service.

For more information or to discuss organizing 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**

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