

Short Breaks

Everyone with a child who has additional needs is entitled to a Short Breaks respite care package assessment.

This document contains information about what Short Breaks is and how you can ask for an assessment. If you already receive Short Breaks read on to find out how to review or renew your package



What is Short Breaks?

UK law recognises that caring for children with additional needs requires lots of time, energy and patience. It is therefore accepted that in order to care for our children safely and effectively we need to take a break from time-to-time. The government has set aside a pot of money for short term respite care for parent carers—this is called Short Breaks.



This Photo by Unknown author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/).

Depending on the level of short breaks you have been assessed for you might be given information about social activities to do with your child. It is also possible to be given a payment of up to £750 for you to organise your own care and activities for your child. Alternatively, you could ask for a trained 'befriender' to spend time with your child (at home or out in the community) so that you can spend time with other loved ones or simply sit down with a cup of tea!



How could Short Breaks help me?

How could Short Breaks help my child?

Depending on the level of package your family are awarded your child could enjoy activities at home or out and about each week with a 'befriender'. Or they may prefer a Saturday club, youth club or a school holiday play scheme.

Alternatively you may prefer to take your child to special swimming or trampolining sessions.



How will I be assessed?

After a referral is received The Specialist Resource Team will call you to do an assessment. The Short Break assessment is based on essential need and the assessment will look at what resources you have as a family that could help. The Specialist Resource Team will use the Early Help Assessment form as a tool to gather the information they need to make an informed decision about the kind of short breaks you and your child may need.



How long does my package last?

You can have your package reviewed every 12 months.

Keep a note of when you'll need a review then phone into the Short Breaks telephone "Drop-in".

To get dates of "drop-ins" check the Local Offer website or flyers on the Prospect House Parent Hub.



This Photo by Unknown author is licensed under CC BY-SA-NC.

What if I change my mind about my package?

The team recognise that over time children and families' needs and interests change.

The Short Breaks team works hard to understand each family's unique circumstances and try wherever possible to be flexible and tailor packages that will benefit all.

If your circumstances change, simply phone the team on a drop-in date for a chat

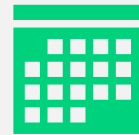


This Photo by Unknown author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-sa/4.0/).

What should I do next?



If you're NEW to Short Breaks telephone Manchester Contact Centre on 0161 234 5001 and say you'd like to "self-refer for a Short Breaks assessment".

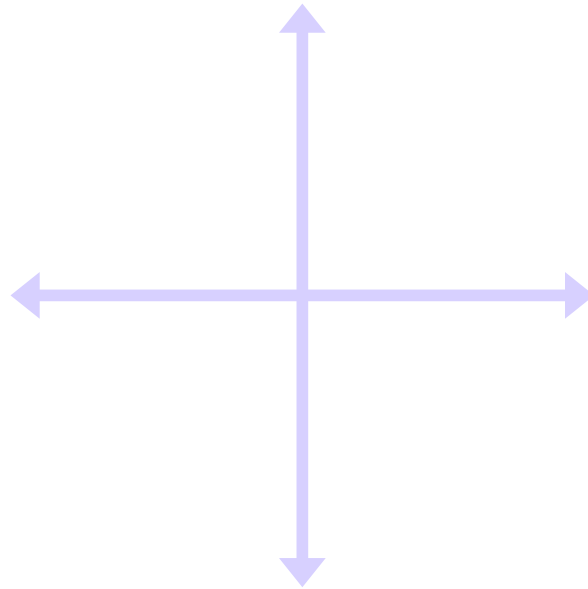


- If you'd like to renew your package as it's been over 12 months, or to discuss changes to your package, attend a drop-in via telephone—see dates on the Parent Hub



- If you're not sure whether you've had Short Breaks before you can go phone the Short Breaks team on 0161 219 2125 to check out your options.

Important things to remember...



For further information on Short Breaks...

Go to www.manchester.gov.uk/sendlocaloffer
then type 'Short Breaks' into the search bar,
Email shortbreaks@manchester.gov.uk



This Photo by Unknown author is licensed under CC BY.