



Short Breaks



News

Issue 1 | Summer 2021

Welcome

Hello all parents / carer's and young people.

Welcome to Lewisham Short Break Service's first ever edition of Short Breaks News. A newsletter created to keep our families informed about things available to you within our community as well as updates within our service.

We hope you will find something of interest in this issue of the newsletter, if not, please let us know what you would like to see!

Inside this issue:

What are Short Breaks

Lewisham Short Breaks Hub update

Short Breaks SEND Factor

Lewisham Disability Register and MAX Card

Activities in Lewisham

Activities for summer

Meet other parents

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Please continue to check out Lewisham Local Offer for more information on services and activities in your area. You can also sign up to our email list to receive information, advice and news about our special educational needs and disabilities (SEND) services.

What are Short Breaks for parents of children with disabilities

If you're a parent or carer of a disabled child or young person you may be eligible for additional Short Breaks:

Targeted Short Breaks

Your child or young person's disability might mean they have additional needs that prevent them from accessing universal or mainstream short break activities. If so, you may need extra help or specially trained staff to access a variety of activities that would allow you to take a break from caring for your child or young person.

Find out more about the eligibility criteria for this service by visiting our [targeted short breaks](#) page on the local offer.

Specialist Short Breaks

Your child or young person's disability might mean you need to spend a lot more time caring for them than you would if they did not have a disability. If so, you may need more breaks from caring than other parents or carers who don't have a disabled child.

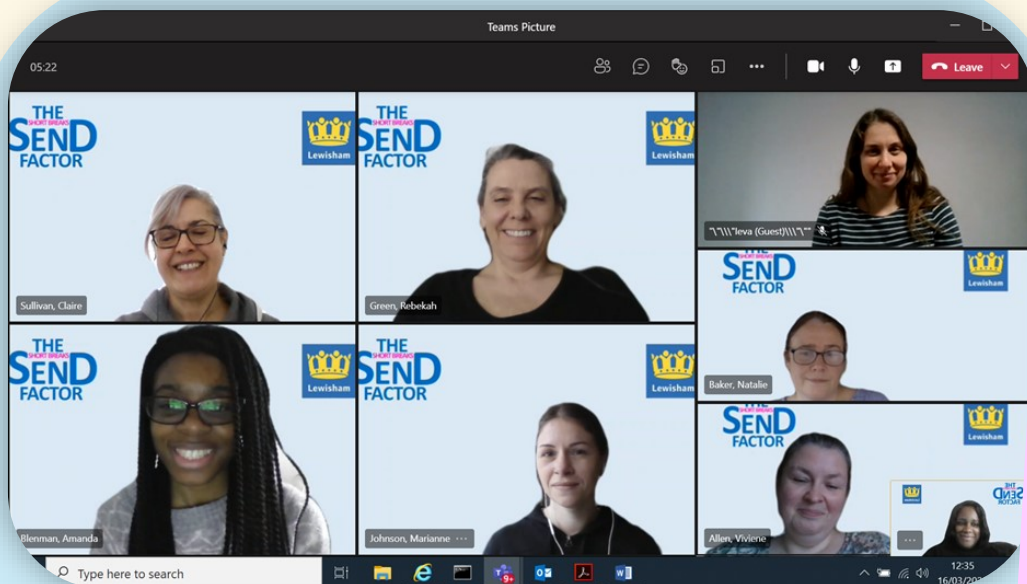
If you have to spend a lot more time caring for your child because of their disability, please visit our [specialist short breaks](#) page on the local offer to find out if you are eligible. Please note these services are for families with the highest levels of need and are accessed through children's social care.

Lewisham Short Breaks Hub update



We are pleased to inform the Short Break in house provision remained open and continued to provide an amazing service for the children and young people who attended which in turn has provided parents/carers with regular Short Breaks.

Short Breaks News



THE
SHORT BREAKS
SEND
FACTOR

Look out for more SEND Factor sessions from the Children with Complex Needs Service

Providing key information, advice and guidance on services available to children, young people and their families.

Short Breaks first virtual coffee session

Short Breaks had their first virtual coffee session for families that access a targeted Short Breaks service.

Lewisham Family Information Service (FIS) and Lewisham Parent Carer Forum (LPCF) were in attendance. We also had guest speakers from activity providers such as Magpie Dance and S-Factor academy to tell families more about the work they do.

Families have expressed an interest in attending more sessions delivered by Short Breaks as well as other teams across the service. Here are some of our parent/carer views of what they would like to see:

- Explain different pathways to services, what different teams do, what services are available
- Role of professionals working to support families
- More providers and general sharing of information

THE
EARLY YEARS
SEND
FACTOR

Do you have a child under 5? Join the Early Years Team on the **2nd Thursday of each month | 10am - 11am** email local.offer@lewisham.gov.uk for the link to the session.

Lewisham Disability Register

The Disability Register is a voluntary register for children and young people under 18 who live in the borough and have a disability or special educational need.



Get on the disability register today

Do you have, or care for, a child or young person who is under 18 who has a disability.

Add them to the Lewisham disability register today and start getting these benefits:

- regular information on services, resources and activities for you and your child
- up-to-date local information relating to disabled children
- have your voice heard: the register provides an opportunity for parents and carers, children and young people to be involved in consultations on existing and new service developments and ideas within the borough
- information on national and local organisations.

Children and young people can be on the register if they:

- are under 18 years old
- live in the borough of Lewisham
- have a special need from either a disability or a health condition including:
 - * visual or hearing impairment
 - * physical disability
 - * learning disability
 - * long term illness
 - * social communication disorder or development disorder e.g. autism, Tourette's, Asperger's, dyspraxia etc.

How do I register?

Register online at [Lewisham Local Offer - joining the disability register](#)

Once registered you will be sent a Max Card which is the UK's leading discount card for families of children with additional needs. Families can use their Max Card at activity venues across the UK to get free or discounted admissions.



Check the Max Card website: mymaxcard.co.uk

Activities in Lewisham

Find things to do for children and young people with special educational needs and disabilities (SEND).



Magpie Dance

Magpie Dance is the UK's leading dance charity for people with learning disabilities. Magpie Dance believe that a learning disability should not be a barrier to personal and artistic success.

Through dance, our participants gain life, social and communication skills with added health and wellbeing benefits.

Magpie Dance has continued to provide Dance sessions virtually during the Covid 19 period which has been amazing for young people.

Contact Name: Ayanna Allen,
Tel: 07597 266 717

admin@magpiedance.org.uk
www.magpiedance.org.uk

Millwall Premier League Kicks

Millwall's Pan Disability programme is open to anyone with a disability and allows them to get involved with sport and become part of the Millwall Lion

Hearts and Millwall Pan FC. This programme aims to allow individuals to gain a positive experience from football whilst promoting a positive attitude. Our personal approach to coaching this allows individuals to feel part of a collective team whilst striving and completing significant goals.

Contact name: Richard White
rwhite@millwallcommunity.org.uk

www.millwallcommunity.org.uk/c-pan-disability-sports



S-Factor Academy

An inclusive disability sessions in the heart of Lewisham open to anyone with any disability or impairment and or additional needs. Autism, learning disability/ difficulties, sensory or physical impairment.

Contact Name: Adam Thomas
Tel: 07789 364622

admin@sfactoracademy.co.uk
www.sfactoracademy.co.uk/inclusive/

Sparks4Kids

During this COVID-19 pandemic, Spark4Kids are offering our computer coding courses online. This applies both to term-time courses as well as holiday workshops. Our timetable will continue to run along school term and school holiday timelines, albeit online.

Spark4Kids is running online computer coding workshops for children aged 6+, including Minecraft 'modding', Roblox coding, games design, Python and Unity3D/C.

Contact Number: 020 8090 1444,

Email: enquiry@sparks4kids.com

Website: www.spark4kids.com/





Activities for the summer

Here are ideas for outings with school age children and young people in London. We have chosen them because they are all within approx. 45 minutes travel and are either free or comparatively reasonably priced.

Those that have entry charges often offer reductions for young people with a disability and/or their carer. This makes them extra good value as a day out. To avoid disappointment, check in advance about opening times and costs on the day you plan to visit.

There are plenty of other things to see and do in London - take a look at our 'add on' suggestions for free activity ideas to help make the most of your day out.



Bank of England Museum



The Museum tells the story of the Bank of England from its foundation in 1694. Attractions include banknote jigsaws, a roller ball game, interactive displays and the opportunity for some safe-cracking. Lots of children's activity sessions and events.

Threadneedle Street, City of London, London, EC2R 8AH.
Tel: 020 7601 5545
Wheelchair accessible

Add on: Picnic in the gardens round St Paul's Cathedral or explore London's original Roman Amphitheatre, beneath the Guildhall Museum (Free).

Black Cultural Archives Museum



A unique national heritage centre dedicated to collecting, preserving and celebrating the histories of African and Caribbean people in Britain.

1 Windrush Square, Brixton, London SW2 1EF

Tel: 020 3757 8500
Not wheelchair accessible

Add on: Picnic in Brockwell Park and visit the playground there.

British Museum



A full day out, with everything under the sun from the Aztecs to the Vikings and lots for young people to see and do. Be ready to queue!

Great Russell Street, Bloomsbury, London, WC1B 3DG.
Tel: 020 7323 8299
Wheelchair accessible

Add on: Enjoy the green oasis that is Coram's Fields, a seven-acre park and playground with a small animal area, café and paddling pool. Adults can only enter when accompanied by a child, providing a calm, safe and stimulating environment for kids.

Brunel Museum



This museum tells the dramatic story of the construction and the history of the Thames Tunnel, the world's first tunnel under a

navigable river, built by the renowned engineers Sir Marc Brunel and his son Isambard Kingdom Brunel (£). Combine with a visit to the site where the Mayflower Ship set sail for the Americas in 1620, or picnic by the Thames.

Railway Avenue, Rotherhithe, London, SE16 4LF.
Tel: 020 7887 8888
Wheelchair accessible

Add on: Picnic in Southwark Park

Changing of the Guard at Buckingham Palace



10.45 on Mondays, Wednesdays, Fridays and Sundays, weather permitting (but check the website of the Household Cavalry before your visit) Arrive early to get a good view

Buckingham Palace, Westminster, London, SW1A 1AA
Wheelchair accessible

Add on: Picnic in Southwark Park

Activities for the summer continued

Charrington Bowl



32 lane ten pin bowling centre, with ramps, bumpers and lightweight balls for smaller kids. Cafe and arcade games area. Concessionary rates for carers and disabled young people weekdays before 5pm.

Kingston Road, Tolworth,
Surbiton, KT5 9PB.
Tel: 020 8335 3505
Wheelchair accessible

The Clink Prison Museum

The Museum is built on the original site of the Clink Prison, one of the oldest in England (dating to 1144). Tableaus illustrate the stories of inmates and the Southbank. Visitors can handle original artefacts including torture implements.

1 Clink Street, Soho Wharf, Southwark, London, SE1 9DG. Tel: 020 7403 0900 Not wheelchair accessible

Add on: A walk to see Tower Bridge or visit Southwark Park

David Lloyd Bowling



Sports complex which includes new ten pin bowling facility, based in Raynes Park. Concessionary rates for young people with disabilities and their carers.

Bushey Road, Raynes Park,
London SW20 8DE.
Tel: 020 8544 9965
Wheelchair accessible



Florence Nightingale Museum



Based in the grounds of St Thomas' Hospital, this museum tells the life story of the celebrated 'Lady of the Lamp' who championed health reforms and paved the way for modern nursing care. Concessionary rate for people with disabilities.

2 Lambeth Palace Road, Lambeth, London SE1 7EW.
Tel: 020 7620 0374 Wheelchair accessible

Add on: A picnic by the river in Jubilee Gardens and a close up view of the London Eye.

The Golden Hinde

Full size replica of the Tudor warship in which Sir Francis Drake circumnavigated the globe in 1577-1580. Learn about life at sea for officers and ordinary sailors, hear tales of Drake's voyage, and explore 16th Century weapons and warfare.

1-2 Pickfords Wharf, Clink Street, London, SE1 9DG.
Tel: 020 7403 0123
Not wheelchair accessible

Add on: A riverside walk and picnic or visit Borough Market.

Short Breaks News

Activities for the summer continued

Horniman Museum



Includes natural history, anthropology and musical collections (Free) and a family-friendly aquarium (entry fee).

100 London Road, Forest Hill, London SE23 3PQ.

Tel: 020 8699 1872

Wheelchair accessible

Add on: Explore the Horniman Gardens, including outdoor musical instruments and children's zoo area.

London Film Museum



Permanent exhibition of the history of cinematography and its London links.

5 Wellington Street, Covent Garden, London WC2E 7BN.

Tel: 020 3617 3010

Wheelchair accessible

Add on: Covent Garden and its street entertainers

London Fire Brigade Museum



A display of historic fire engines with an expert tour guide who can tailor the visit to your needs (by appointment only).

Winchester House, 94a Southwark Bridge Road, SE1 0EG.

Tel: 020 8555 1200 x39894

Wheelchair accessible

Add on: A walk or picnic on the South Bank of the Thames or a visit to Tate Modern (Free).

London Transport Museum



All about transport around London from its earliest horse drawn days to the coming of steam, tube trains and beyond. Free for under 16s and for a carer with a child with a disability.

Covent Garden Piazza, London, WC2E 7BB.

Tel: 020 7379 6344

Wheelchair accessible

Add on: Covent Garden market or a picnic at Charing Cross Embankment by the Thames.

Museum of London



Explore the history of London from Roman times, with lots of interactive items and a replica of the famous fire of London.

Museum of London, 150 London Wall, London EC2Y 5HN.

Tel: 020 70019844

Wheelchair accessible

Add on: Explore the nearby Barbican and picnic in its gardens

Mudchute Park and Farm



London's largest city farm, in a lovely park right next to the City of London and Canary Wharf.

Mudchute Park & Farm, Pier Street, Isle of Dogs, London E14 3HP.

Tel: 020 7515 5901

Wheelchair accessible

Add on: Walk through the Brunel foot tunnel to Greenwich or see the sights from the DLR overground.



National Army Museum



Museum showing the impact of the British Army on the history of Britain and the world (Free). Soft play area for young children aged 0-8 (Entry fee).

Royal Hospital Road, Chelsea, London, SW3 4HT.

Tel: 020 7730 0717

Wheelchair accessible

Add on: A visit to Battersea Park's free attractions, just over the river.

Activities for the summer continued



National Gallery

FREE 

Host to some of the greatest paintings in the Western World – plus some art-related fun activities for children.

Trafalgar Square, London, WC2N 5DN,
Tel: 020 7747 2885

Wheelchair accessible

Add on: See Trafalgar Square's famous lions and fountains or have a picnic in St James' Park, opposite Buckingham Palace.

National Maritime Museum



All about Britain's relationship with the sea and the importance of oceans. Lots of toy boats and things for children to do.

Romney Road, Greenwich,
London, SE10 9NF.

Tel: 020 8858 4422

Wheelchair accessible

Add on: A visit to Greenwich Park and the Royal Observatory (Free).

Olympic Stadium



Go behind the scenes on a self-guided tour of the former Olympic Stadium, now home to West Ham United and UK Athletics. London Stadium, Queen Elizabeth Olympic Park 10-16.15
Wheelchair accessible and concessionary discounts and carer goes free.

London Stadium, Queen Elizabeth, Olympic Park,
London E20 2ST

Tel: 020 8522 6157

Wheelchair accessible

Add on: Queen Elizabeth Olympic Park includes a Pleasure Gardens play area with a climbing wall while the Tumbling Bay playground boasts sand pits, tall tree-houses, wobbly bridges, swings and slides.

Ragged School Museum

FREE

Museum about London's East End (home to many historic immigrant families) in canal side warehouses which housed Barnardo's largest ragged school for poor children. Includes a reconstructed Victorian classroom.

46-50 Copperfield Rd, London
E3 4RR

Tel: 020 8980 6405

Wheelchair accessible -

Ground and 1st floors only not 2nd and 3rd floors

Add on: Picnic in Mile End Park or take a walk along the Regents Canal to Limehouse and the river Thames

Somerset House



An historic riverside building hosting exhibitions, open-air concerts and family workshops. In summer, children can have fun splashing about in its fountain courtyard.

Strand, London, WC2R 1LA.

Tel: 020 7845 4600

Wheelchair accessible

Add on: A walk along the north bank of the Thames or seeing outdoor entertainers at Covent Garden Market.

Activities for the summer continued



Southbank Centre



Lots of free activities for children and 50% off performances on a first come first served basis. Disabled adults and children can register on the Southbank Access list to find out about special rates for forthcoming events and reductions to the Hayward Gallery. Concessionary rates for children and carers.

Southbank Centre, Belvedere Road, London, SE1 8XX.

Tel: 020 7960 4200

Wheelchair accessible

Add on: Street entertainers around the South Bank Centre and picnic by the Thames.



Surrey Quays Hollywood Bowl



28 lane ten pin bowling centre, with ramps, bumpers and lightweight balls for smaller kids. Cafe and arcade games area.

Mast Leisure Park, Teredo Street, London, SE16 7LW.

Tel: 08448 261470

Wheelchair accessible

Add on: Visit the animals at Surrey Docks City Farm (Free) or picnic in Russia Docks Woodland park (formerly a dock for landing wood shipped from Russia and Scandinavia)



Tate Modern

FREE

Huge permanent collection of modern art, plus multiple temporary exhibitions. Lots of space indoors and out to explore for children.

Bankside, London, SE1 9TG.

Tel: 020 7887 8888

Wheelchair accessible

Add on: A walk along the south bank of the Thames, past the Globe Theatre – a perfect replica of the original Tudor Theatre of Shakespeare's time, or to see the many attractions of the South Bank complex.

Tate Britain

FREE



The history of British Art from the Tudors to the present day with fun activities for children interested in art and design.

Millbank, London, SW1P 4RG.

Tel: 020 7887 8888

Wheelchair accessible

Add on: Picnic in Embankment Gardens, next to the Houses of Parliament.

Tower Bridge Museum

FREE



Climb the towers to see a great view of the Tower of London and the river from the high level walkways. The exhibition tells you all about this Victorian Bridge's history and inner workings (Entry fee). Free for a child with a disability and for one carer.

Tower Bridge Road, London, SE1 2UP. Tel: 020 7403 3761

Wheelchair accessible

Add on: See the wide variety of boats moored in St Katherine's Dock, Wapping.

Remember to take you MAX Card and ask about any concessions!



Short Breaks News

Activities for the summer

Victoria and Albert Museum



Extensive collection of design and technology, including fashion, photography and architecture. Cool down outdoors in the cloister garden with water feature for splashing about it.

Cromwell Road, South Kensington, London, SW7 2RL.

Tel: 020 7942 2000

Wheelchair accessible

Add on: A visit to Hyde Park and the Serpentine Lake

Wellcome Collection



Older children will enjoy the curiosities of this museum that connects science, medicine life and art, among the curios are Napoleon's toothbrush and Darwin's walking stick.

Wellcome Collection, 183 Euston Road, London NW1 2BE

Tel: 020 7611 2222

Wheelchair accessible

Add on: Visit the legendary platform 9 $\frac{3}{4}$ at King's Cross Station, where Hogwarts is said to depart from or cool off under the fountains at Granary Square, by Kings Cross station. The crowd pleasing jets change colour and squirt patterns.



Want to stay local?

Why not visit one of Lewisham's beautiful green spaces.

Higher cost days out at concessionary rates

As well as our listings of free or low cost activities, you will find that many of the headline days out in and around London or further afield now recognise cards such as the MAX card and will offer discounts, queue assist for fast tracking and free entry for a carer (see website for details). To avoid disappointment, take your MAX card, plus back-up documentation, such as a DLA letter or letter from your child's consultant.

Places that offer concessions include:

Chessington, Madam Tussauds, Alton Towers, Shrek's Adventure, London Aquarium, Legoland, Thorpe Park, London Dungeons, Sea Life, Tower of London, London Zoo, Colchester Zoo, Longleat, Kidspace, Diggerland, Peppa Pig World, Harry Potter Tour, Polka Theatre, Kew Gardens etc.

Short Breaks News

Can you find...

Some of the activities the Targeted Short Break Direct Payments can be spent on?

Short Break Activities- Word Search

S	A	D	E	Z	D	X	P	F	N	H	H
I	W	M	J	K	R	W	E	O	F	G	O
N	B	I	V	G	A	T	C	O	C	V	R
G	T	R	M	D	M	S	W	B	Y	Q	S
I	E	N	H	M	A	J	L	A	C	P	E
N	B	F	D	N	I	M	H	L	L	K	R
G	X	A	Z	A	A	N	D	L	I	Q	I
L	K	R	M	H	N	Y	G	R	N	E	D
K	D	M	R	V	D	C	Q	A	G	Z	I
L	G	E	G	B	S	W	E	L	H	S	N
O	J	S	J	K	C	O	O	K	I	N	G
T	R	A	M	P	O	L	I	N	I	N	G



Swimming



Football



Horse Riding



Cycling



Trampolining



Cooking



Dance



FARM



Drama



Singing

Meet other parents

Visit [Lewisham Local Offer](#) for information, advice and guidance of support groups for families and carers of children and young people with SEND

Contact

41 Bonfield Rd, Lewisham,
London SE13 5EU,

0208 297 8056

<https://contact.org.uk/>

Lewisham Parent Carer Forum

Leemore Central
Community Hub, SE13 5EU

07534568020

www.lewishamparentcarer.org.uk

Carers Lewisham

Waldram Place, Forest Hill,
London, SE23 2LB,

020 8699 8686

Tell us what you think.

We hope you will find something of interest in this issue of the newsletter, if not, please let us know what you would like to see in future issues.

Let us know what you think by contacting [Rebecca](#) or [Cheriece](#).

You can alternatively complete our [short feedback form](#)

Get SEND information, advice and news by email

To get the latest information, advice and news for children and young people with special educational needs and disabilities, enter your email address below. *

Enter your email address here

Would you like to get the Lewisham Life newsletter for local news, offers and things to do? *

☐ Yes please

☐ No thank you

If you change your mind, you can unsubscribe at any time.

☐ I give permission for Lewisham Council to send me emails. I agree to Lewisham Council's [terms and conditions and privacy statement](#). *

