

What Carers need to know about Taking a Break Caring for Children

Essential guidance for Carers in Southend-on-Sea



This factsheet gives an overview of respite when you are caring for a child/ren with special educational needs or disabilities

Further information can be found in the E-Handbook: A Guide for Carers in Southend which can be accessed on our website www.southendcarers.co.uk

You can also call us on 01702 393933 or email info@southendcarers.co.uk

Our mission is to make life easier and fairer to Carers in Southend and our expert information and advice is always tailored to the Carers individual and personal caring circumstances.

Young Carers Breaks

The brothers and sisters of a child with special educational needs or disabilities may enjoy our Young Carers programme. For more details and to register visit www.southendcarers.co.uk Call 01702 393933 or Email youngcarers@southendcarers.co.uk

SBC Young Carers support contact 01702 534300 janicelyons@southend.gov.uk Early Help, Family Support and Youth Offending Service (EHFSYOS)

Southend Carers Family breaks

Southend Carers provides breaks for families who are caring for a child or children with a physical or learning disability it offers;

- a monthly event or trip
- an opportunity to make new friends and meet other families in a similar situation
- time to share experiences and information

For more details call us 01702 393933 or email info@southendcarers.co.uk

Details of other activities and services suitable for children with disabilities and their families are on the Southend Borough Council **Livewell website** search **Local Offer Events and Activities**

Local Offer Helpline 01702 212328
Email: localoffer@southend.gov.uk

Marvellous Minders

The scheme is co-ordinated through the Southend Early Years team by a Pacey Childminding Coordinator. It is aimed at finding a suitable childminder to allow parents and carers the chance to have a short break, return to work or access training while their child receives high quality care. To find childcare providers in your area you can:

- Search **Southend Livewell** website for registered childcare providers.
- text CHILDCARE to 88440 (the Early Years team will call you back),
- email earlyyears@southend.gov.uk.

Search for help towards childcare costs <https://www.gov.uk/childcare-calculator>

Short Breaks Community Access Grant

Parent/Carers can apply for a grant (maximum £500) to help a child with disabilities access a short break.

A short break is a good quality, fun activity that your disabled child /young person attends with or without you.

Short breaks give:

- Your child an enjoyable experience away from your daily life which helps with their personal, social and educational development;
- You a valuable break to rest, take up other interests or spend time with your other children;
- Time together doing ordinary family things.

Contact: **01702 214305**

Email: shortbreaks@southend.gov.uk

Direct Payments

Money paid by Southend Borough Council to the parent or carer of a disabled child so they can arrange and pay for their own support and services. You can buy any service you have been **assessed** as needing (with some exceptions). You could use Direct Payments for: Employing a personal assistant to support and care for your child as an overnight or day carer; Community activities, Short residential breaks; Support with your child's personal care. To request an assessment contact Southend Council

Children with Disabilities Team

01702 507163 / 01702 215007

School Nurse 01702 534843

sccg.southendpublichealthnurses@nhs.net