

Bath and North East Somerset
Short Breaks for Disabled Children Paper
Consultations June 2018

1. Introduction

This report details the needs analysis that was carried out to support the re-commissioning of Short Breaks for Disabled Children services in 2019. Views have been sought from parent / carers of disabled children, disabled young people and professionals working in the field of disability. Other relevant and recent consultations have also been included in the needs analysis and include those undertaken by the Local Authority's Disabled Children's Team, WECIL and Time2Share consultations. The conclusions of this report will also act as recommendations to the Short Breaks re-commission of 2019.

2. Method

The needs assessment was carried out between April and June 2018. The information that was gathered, consisted of quantitative information, collected through the use of questionnaires and qualitative information, gathered through focus groups. Three questionnaires were developed.

The parent carer questionnaire sought to seek feedback on three key areas:

- The range of short breaks currently available and whether parent / carers were satisfied with the range.
- Whether there were any improvements that could be made to current services and / or.
- Whether there was a need for the introduction of new services.

The young people's questionnaire focused on the types of activities they would like to participate in, during their free time, as well as how they find out about short breaks services.

The provider's questionnaire concentrated on whether there was a good spread of short breaks in the area and identifying any gaps in the current services available.

2.1 Questionnaires

The questionnaire was co-produced with professionals within the Children and Young People's specialist commissioning team. A survey monkey webpage was set up for parent / carers, children and young people and providers to complete the questionnaires online. The Council also consulted with the two special schools: Threeways and Fosseyway School using separate questionnaires for children and young people and parents/carers to complete. The webpage links to the questionnaire was widely distributed to partners across B&NES, to include Children Centres, Disabled Children's team (DCT), Special Educational Needs and Disability

(SEND) Strategy group, Voluntary Sector Network, specialist groups such as Wheels4all and commissioned short break services, who were asked to promote with service users.

2.2 Focus groups

Two focus groups were scheduled and facilitated. The first was a provider event which involved a face to face consultation with current short break providers. They were asked to discuss any identified gaps in the current service in regards to groups of disabled children and young people and provision. The consultation took place on 20th March 2018 at a planned provider's meeting.

The second event involved parent / carers. The Council held a face to face consultation with parent / carers on 20th April 2018. 15 people attended the consultation. The consultation took place during school hours and lasted 2 hours. The consultation consisted of a short presentation about B&NES short break service and the commissioning cycle. The consultation also asked parent / carers which improvements could be made to the current service and whether there was a need for any new services.

2.3 Further Consultation

2.3.1 Disabled Children's Team Consultation

DCT received 10 responses from their consultation about the quality of short break provision offered to families in the area. All respondents attended special schools.

2.3.2 WECIL Consultation

WECIL received 7 responses from the consultation they undertook in May 2018. The consultation asked how participants spent their direct payments and whether the service could be improved.

2.3.3 Time2Share Consultation

Time2Share received 36 responses from young people who access befriending services and targeted youth services.

3. Summary of Key Findings

3.1 Parent Carers Consultation

There were 87 responses from parent carers (completed questionnaires).

The feedback indicated that parent and carers were satisfied with the current provision. They reported that in general there was a good spread of short break provision being accessed by respondents. The most popular being:

- BAPP Holiday provision 25 responses (28.7%)
- Direct Payments 24 responses (27.5%)
- Fosseyway Holiday Provision 23 responses (26.4%)
- BAPP SOFA Holiday Provision 19 responses (21.8%)

Parent carers report that the Short break provision is working well with a variety of activities and age appropriate activities being offered. They also had confidence in the staff that worked at the short break provisions and felt that their children were in a safe environment and felt welcomed. Parent / carers that had access to direct payments, liked the flexibility and choice when booking carers, and felt that access to overnight residential provision was working particularly well.

When parent / carers were asked what was working well in regards to short breaks service. The following was stated:

- Age appropriate activities, where the child enjoys going / has fun
25 responses (28.7%).
- The staff
10 responses (8.7%).
- Enables parent / carers to have a break
4 responses (4.5%).
- Receipt of Direct Payments
4 responses (4.5%).
- Felt child was welcomed, safe environment, peace of mind
3 responses (3.4%).

However, 28.7% (25 responses) indicated that they have not received provision on the dates requested. The main reason given was related to holiday provisions being heavily oversubscribed. Some parent / carers did report being on a waiting list for access assessed short break provision and attributed this to staff shortages. These included:

- Time2share befriending
5 responses (5.7%).
- Swallows base house
4 responses (4.5%).
- Family link
2 responses (2.2%).
- Beaumonts
1 response (1.1%).

For those parent / carers who were not currently accessing short break provision, the main reasons stated as to what would attract respondents to using the short break service in the future were:

- Being given information about which short break services were on offer to families
14 responses (16%).
- Age appropriate activities on offer appropriate to disability, safe environment where children were well supported and understood, well trained staff
12 responses (13.7%).
- Knowing how to access short breaks
2 responses (2.2%).
- Accessing short breaks as a family
2 responses (2.2%).

When asked what improvements could be made or any identification to gaps in service in relation to the short break service, parent carers responded in the following way:

- More of the same provision
35 responses (40.2%).
- Need to publicise the Short Break provision on offer
11 responses (12.6%).
- More overnight provision
16 responses (18.3%).
- Short breaks that the whole family can access
7 responses (8%).
- Longer hours in the holidays / on Saturdays
5 responses (5.7%).
- More staff / volunteers
4 responses (4.5%).
- Access to a pool of PAs
3 responses (3.4%).

The majority of responses relating to access to more provision, indicated that they would like more school holiday provision, in particular during the last two weeks of the summer holiday. Other provision included more weekend activities and youth clubs. Specific activities were also listed i.e. swimming, basketball, football, gaming club. Others reported that the short break provision / service needed to publicise more about which provision is available and how to access it. Additional overnight provision was also requested in the form of holiday camps and sleepovers, to incorporate the development independent skills for older children aged 15 years and over.

Most parent / carers find out about information relating to Short Breaks through their child's school 28 responses (32.1%). Others report finding out information via the internet i.e. Facebook, Rainbow Resource totalling 15 responses (17.2%). Other ways included, being contacted directly through their Social worker, email or through word of mouth.

Below are some quotes provided by parent / carers when asked is there anything else they would like to add.

I think they are vital for the child's well being, opportunities for child to spend time with peers, develop friendships and support networks for parents

Think they are brilliant. I would not have coped without all her clubs. LIFESAVING

The shorts breaks our son receives are excellent. As he becomes older we now need the occasional night away to build his confidence and begin his journey into adulthood. This provision is not there.

These services are so important to my son, he would not have the access to friends in his peer group without these facilities. The respite for us as parents is essential otherwise we are overwhelmed both physically and emotionally

It is a wonderful service, if known about. There just seems to be limited time available

It's very hard to find Direct Payments carers with an appropriate level of medical experience for my child's needs at the hourly rate offered.

Some short break provision clashes. WPA and T2Share Saturday Clubs

3.1.1 Face to face consultation with parent/carers

The main finding were as follows

- There is a lack of knowledge about the short break provision on offer and how families can access this provision. Parent / carers report 'stumbling over' information rather than it being sourced from one place.
- Extra support is needed for children and young people with more complex needs. Parent / carers report being turned away from holiday provision due to a lack of staff.

- There is a waiting list to access services such as overnight provision at Action for Children and Family Link. Spaces on play schemes are limited.

The development of the following services was suggested by parent/carers.

- Family days are needed. Social time for children, young people and parent / carers to make links with others.
- Direct payments require a 'bank' of PA's to be able to utilise the service. Families report having to use family members, as no PA's available.
- Older children need time to spend away from home and to develop independent skills.
- Provisions need to be based close to good transport links or have transport pick up points to attend provision, as some families do not drive or have use of own a car.

3.2 Children and Young people's consultation

In total there were 54 completed questionnaires across a number of school settings. The majority (80%) of the young people consulted were aged between 11 years and 20 years.

- 48.1% (26) from students at Threeways School.
- 27.7% (15) from students at Fosseyway School.
- 20.3% (11) from students in different mainstream settings and
- 57.4% (31) were male.
- 40.7% (22) were female.
- 49.3 % (25) of the questionnaires were answered by 11 - 15 years.
- 33.3% (18) of the questionnaires were answered by 16 - 20 years.
- 29.6% (16) live in Bath, 9.25% (5) live in Midsummer Norton.

75.9% (41) of respondents already attend activities in their free time and engage in a range of activities and experiences. This has risen by 8.9% since the last consultation in 2013. The most popular clubs accessed were the Mencap / Gateway club, WPA Saturday Club and WPA Saturday Club. This is where the majority of respondents see their friends outside school. The biggest barrier to meeting up with friends included living out of area, followed by, it being hard to make friends at all.

There are a range of activities that young people would like to access, similar to their non-disabled counterparts. These include swimming, music, playing on computer, cinema, bowling, cookery and socialising with others. 31.5% (17) of respondents said adult support is required to carry out activities: followed by access to transport (6) and family / friends (5). Distance to the club's location seems to be the biggest barrier, followed by lack of support at the activity.

Young people generally hear about activities either through their parent / carers or at school. Young people feel there is a need for better information about what is available e.g. a readily available map of which activities are available and where, with links to Facebook.

Below are some quotes provided by children and young people when asked is there anything else they would like to add.

“I would like to find a buddy so I can go out on my own”

“I really enjoy doing clubs”

“I am very grateful for all the chances I have to attend Teenage Rampage, SOFA, Time2Share. I would feel very lonely and cut off without them. Thank you very much for them all.”

“I would like to do more clubs in the summer holidays as I am tired after School”

3.3 Provider Consultation

The Council consulted with providers of short break provision face to face. The Council then engaged with other providers through the Voluntary Sector Network. The gaps in service that were identified by this group include:

- Developing independence skills for teenagers.
- Activities for whole family (especially pre-school children).
- There are more children and young people that have been excluded from schools and not coming into contact with their peers thus becoming isolated.

3.4 Disabled Children's Team Consultation

Generally families felt there was a good short breaks service in place. However they would like to access to more of the same provision. In particular, holiday clubs are often full on the dates requested. Families stated they would like to see the Council provide:

- More support for family holidays.
- More soft play areas for special needs.
- Overnight provision for teens to develop independence skills.
- A buddy system of some kind.

3.5 WECIL Consultation

All respondents use their direct payment to pay for PA support. This has enabled children and young people to carry out leisure activities such as swimming, trampoline and after school activities as well as enabling families to go out together as a family unit. These activities generally take place on a weekly basis or during school holidays, weekends.

3.6 Time2Share Consultation

Generally young people were very positive about the services that they were currently receiving through Time2Share. The majority of respondents (58.3%) like to attend group activities. The main reason given for attending group activities was to

meet up with / socialise with friends (89%), followed by meeting up with a few friends (44%).

Respondents told us that they would like provision to take place in the evening (100%), in the holidays (60%), at weekends (40%) and overnight (20%). They reported they would like to go on more day trips / visiting new places (75%), overnight trips (75%) and outdoor activities (50%).

4 Conclusion

Overall parent/carers are positive about the quality of short break provision that is on offer; however they would like more of the same. Parent / carers report being on a waiting list for assessed short breaks such as Beaumonts, family link and Time2Share befriending. Young people like to be supported by trained staff at group activities. This is where the majority of respondents meet up with friends outside school / college. They enjoy swimming, playing or listening to music, and playing on the computer.

Parent / Carers report that there is a need for short break provision to be more widely advertised. They also requested more holiday provision, in particular the last two weeks of the summer holiday. Gaps in the current service have been identified as short break provision, to include the whole family. A need for older children (mainly teenagers) to spend time away from the home to develop independence skills was identified. Young people said that they would like to visit new places / day trips and group overnight trips.

Report written by Kay Sibley,
Strategic Commissioning Officer
July 2018.

Appendix 1: Consultation

Significant engagement was undertaken in completing this updated needs analyses. This included the following groups, setting and services:

- Children Centre's
- Area SENCO's - Mainstream schools
- Parent Carer Voice
- BANES Carers Centre Facebook page
- BANES Facebook page & Rainbow Resource
- Information and Advice Officer - SEND and additional needs
- Voluntary Sector Network
- SENDIT Team
- Disabled Children's Team
- Short Break providers that are listed in the table below:

BAPP holiday provision at the Hut	Wheels4 all
BAPP Holiday provision at Threeways	KIDS Saturday Club
BAPP Summer of fun activities (SOFA) Holiday provision	National Autistic Society (NAS) after School club
BAPP Teenage Rampage	Time2Share Befriending
Beaumonts	Time2Share Cinema Group
Direct Payments (WECIL)	Time2Share dinner group
Family Link	Time2Share skittles
Fosseway Holiday Provision	Time2Share Wireworld
KIDS Holiday provision	Wansdyke Play Association Saturday Club
BOP Holiday Provision	Time2Share Saturday Clubs

Appendix 2: Parent Carer face to face Consultation 20th April 2018

Background

The Council is committed to ensuring that parent / carers are actively involved in the review of services and the re-procurement of new services. They have used a variety of approaches to consult with parent / carers. There was a drive to gather views from parents directly. The Council organised an event that took place at Keynsham Civic Centre in school time hours 11am – 1pm. The Council widely advertised the event using the following platforms from mid-March 2018.

- Parent support groups at special schools Council.
- Council Rainbow resource and Facebook pages.
- All short breaks provisions commissioned by Council.
- Voluntary sector Network.
- Specialist teams within the Council i.e. Children's Social Care.
- SEND Partnership Service advertised the event when talking directly to parent / carers.

15 people attended the event. Three participants were professionals who work with disabled children. The others were parent / carers of disabled children; whose children went to mainstream school, special school or an out of area placement. The majority of people who attended heard about the event through the SEND Partnership Service, four had seen it advertised on the Council's Facebook page and two had been emailed details of the event. Two professionals had been asked to attend, to feedback to parents who were unable to attend.

The presentation consisted of explaining what a short break is, why the Council use the terminology 'short break', the provision that the Council commission and the services that are affected by the short break provision. The final slide was asking the group about Service development and progression.

Findings

- Parent / carers reported that they felt the event was not widely advertised. There was no advert on the Carers Centre website for example. Some parent / carers found out too late to be able to come.
- Some parent / carers did not know anything about the short break offer and as a consequence have never used the service.
- Some parent / carers did not know about how to find out about short breaks for disabled children. They report that they stumble across information by talking to other parent / carers. There doesn't seem to be a clear platform where they can find out all the information required to make an informed decision about the provision that is available. They did not know about the

Rainbow Resource or the work that the SEND Partnership Service carries out.

- Service development and progression of Short Breaks Service.

What works well with the Short Break Service?

- The variety of play schemes are good, considering the cohort of children have very different needs.
- Action for Children (overnight provision) is well organised.
- NAS after school Club. The play leader is brilliant.
- WPA is good for older children.
- Time2Share is a good place for teenagers to go and who are transitioning to adults.
- Kids Saturday Club has been a lifeline.

What's not working well

- There are waiting lists for assessed short breaks and not sure when child can start Action for Children / Family Link.
- Extra support is needed for those children who have complex needs - being turned away due to lack of staff.
- Action for Children doesn't seem to have enough support for moving children with physical needs. There was some confusion on the criteria to access Action for Children. Some parents thought it was for children with complex needs, some thought it was dependant on family needs and not just the physical needs of the child.
- Fosseyway holiday play schemes are biased towards the children who attend the school.
- Availability on play schemes is limited - You are lucky to get 1 or 2 days in the holidays especially if a child has complex needs.

Short Break Service development and progression.

- Family days are needed where the family attend a community setting i.e. Southside carry out an activity and interact with one another. Social time for children and young people and allows parent / carers to make links with others.
- Direct payments require a 'bank' of PAs to be able to utilise the service. Families are having to use family members as no PAs available.

- Older children need to spend time away from home and create independent skills.
- Provisions need to be based around good transport links or have transport pick up points, to attend provision as some families do not drive or have use of own a car.

Kay Sibley
Strategic Commissioning Officer
April 2018

Appendix 3: Copy of Questionnaires

Short Breaks for Disabled Children for Parent / Carers

This questionnaire is for parents / carers of disabled children and young people. The purpose of this questionnaire is to seek your views on short break services in Bath and North East Somerset and to identify how these services can be improved.

This information will be used to shape Bath and North East Somerset's commissioning intentions for 2019 onwards.

Please could you return your completed questionnaire by **Friday 8th June 2018**.

About short breaks

A short break....

- Allows disabled children and young people to experience new relationships, environments and positive activities.
- Provides a necessary and valuable opportunity for primary carers (usually but not always, Mum or Dad) to have a break from their caring responsibilities, and to recharge their batteries.
- May include day, evening, overnight or weekend activities and could take place at home, at an approved carer's home or in a community or residential setting.
- May mean taking part in an activity with other disabled young people or being supported to take part in local activities open to everyone.
- Can also mean supporting parents in their caring role, so that the whole family can enjoy activities together.

1. Here is a list of short breaks provision; does your family access any of these services?

Please tick

Yes No

BAPP holiday provision at the Hut	Fosseway Holiday Provision
BAPP Holiday provision at Threeways	Family Link
BAPP Summer of fun activities (SOFA) Holiday provision	Hospice South West
BAPP Teenage Rampage	KIDS Holiday provision
Action for Children - Beaumonts	KIDS Saturday Club
BOP Holiday provision	National Autistic Society (NAS) after School club
Direct Payments	SWALLOWS Base House
Time2Share Befriending	Virgin care Children's Community Nursing Team
Time2Share 18+ Group	Wheels4all Inclusive Saturday Club
Time2Share dinner group	Wansdyke Play Association Saturday Club
Time2Share skittles	Time2Share Saturday club

*Please note that the groups listed above that are in **BOLD** are funded by the Council and will form the recommission of short breaks service

Other Please specify

If you require further information about the services listed above please follow the following link: https://5f2fe3253cd1dfa0d089-bf8b2cdb6a1dc2999fecbc372702016c.ssl.cf3.rackcdn.com/uploads/rainbowre-source/document/file/638/Short_Breaks_info_2018.pdf

2. If you are not accessing a short break, what would attract you to use the short break service in the future?

3. Are you on a waiting list waiting for a short break / activity for child or young person to participate in?

If so please name the provision here

4. Have you requested dates for a short break / activity for a child or young person to participate in and found that they were not allocated to you?

If so please name the provision and reason given here

5. If you are accessing a short break, what is working well?

6. What would improve the short break services available to you and your family?

7. What type of short break service would you like to use / Is there anything new that you would like to see being delivered?

8. How did / do you find out about information relating to short break services?

9. Is there anything else you would like to say about short breaks?

Short Breaks Questionnaire for Young People

The reason that the Council is asking you the following questions is to find out which activities you would like to see happening in your area during your free time.

Please can you return your completed questionnaires by **Friday 8th June 2018.**

About you:

Are you a boy or a girl? (please tick)

- Boy
 Girl

How old are you?

1. Do you attend any clubs or activities in your free time? (i.e. after school / in the school holidays or at weekends)?

- Yes
 No

If so what clubs are they? If no, what clubs would you like to attend in your free time?

2. Do you see your friends in your free time?

- Yes
 No

If yes where? If no, why do you think that is?

3. What activities would you like to do in your free time (i.e. after school / in the school holidays or at weekends)?

Make a list

4. What help might you need to do this?

5. What might stop you from attending an activity or club?

6. How do you find out about clubs and activities to do?

- Parent / Carer
- School
- Friends
- Clubs
- Internet
- Social Media sites i.e. Facebook
- Other – please state _____

7. Where do you live?

8. Where do you go to Nursery / Preschool / School or College?

9. Is there anything else you would like to say about activities you do in your free time?

Short Breaks for Disabled Children for Providers

The purpose of this questionnaire is to seek your views on short break services in Bath and North East Somerset and to identify how these services can be improved.

This information will be used to shape Bath and North East Somerset's commissioning intentions for 2019 onwards.

Please could you return your completed questionnaire to kay_sibley@bathnes.gov.uk by **Friday 8th June 2018**.

About short breaks

A short break....

- Allows disabled children and young people to experience new relationships, environments and positive activities.
- Provides a necessary and valuable opportunity for primary carers (usually but not always, mum or dad) to have a break from their caring responsibilities, and to recharge their batteries.
- May include day, evening, overnight or weekend activities and could take place at home, at an approved carer's home or in a community or residential setting.
- May mean taking part in an activity with other disabled young people or being supported to take part in local activities open to everyone.
- Can also mean supporting parents in their caring role so that the whole family can enjoy activities together.

Please see below a list of short break provision currently being commissioned by the Council.

Bath area	Covers all areas
BAPP holiday provision at the hut	Direct Payments
BAPP Holiday provision at Threeways	Time2Share Befriending
BAPP Summer of fun activities (SOFA) Holiday provision	Virgin care Children's Community Nursing Team
BAPP Teenage Rampage	Family Link
Beaumonts	Hospice South West
BOP Holiday provision	Time2Share 18+ Group
National Autistic Society (NAS) after School club	Time2Share Saturday club
Time2Share Targeted Saturday Club (Southside)	
Time2Share dinner group	Keynsham
	KIDS Holiday provision
Midsomer Norton/ Radstock area	
Time2Share skittles	
SWALLOWS Base House	
Wansdyke Play Association Saturday Club	
Fosseway Holiday Provision	
Time2Share dinner group	

Do you think there is a good spread of short breaks in the area?

- Yes
- No

If No please identify any unmet needs:

2. Thinking about the families you work with, do you feel that that there are any gaps in the current short break services for disabled children and young people. If so please list in the box below:

3. What would improve the current short break provision provided for disabled children / young people and their families? Please tell us what you would like to change?

4. Is there anything else you would like to say about short breaks?

Thank you for taking part in this questionnaire.



Supporting Disabled Children & Young People

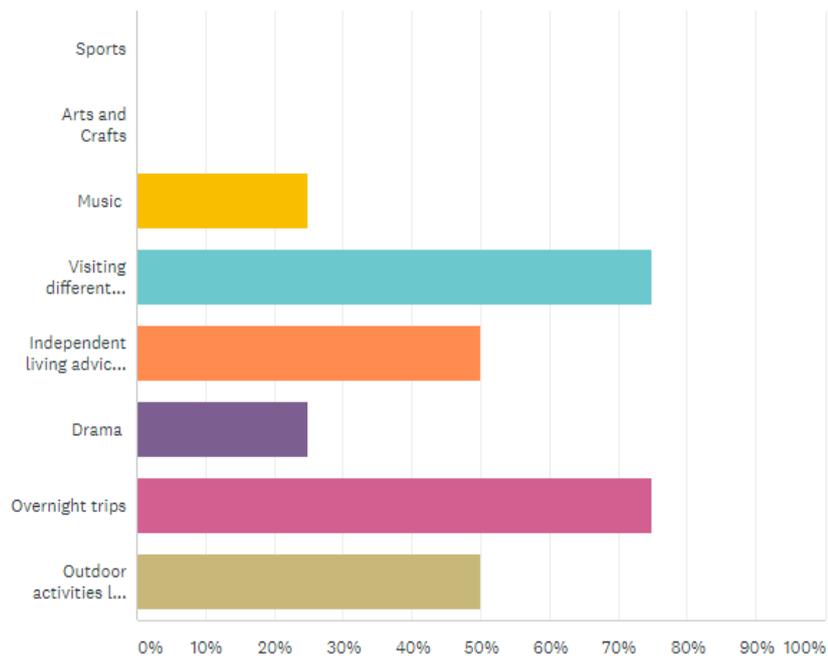
We received 36 responses from young people:

1. What activities do you like doing in your spare time with Time2Share? And Why?

Lazer Quest, cinema, big days out, overnight trips, music, dinner groups, cooking, bingo, new experiences.

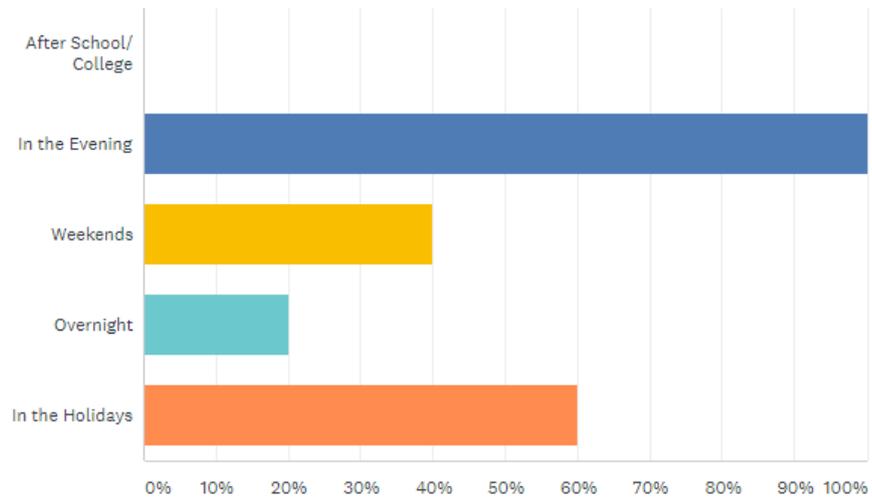
Why: Meeting, making, playing, meeting new, and talking with friends accounted for 89% of the responses. The remaining; everything, puzzles, music and dancing.

2. Are there any other activities you would like to do?



3. When do / would you like to carry out activities in your spare time (please tick)?

- After school / college
- In the evening
- Weekends
- Overnight
- In the holidays



4. Would you like to carry out these activities (please tick)?

- In a group 21
- On your own 8
- With a few friends 16
- We also asked; with a befriender 7

6 people ticked everything and 2 left this one blank.