

London Borough of
Redbridge



Short Breaks Service and Referrals



Contents

Children with Disabilities Team	Page 3
Making a Referral	Page 3
Short Breaks Introduction	Page 4
Types of Short Breaks	Page 4
Accessing Short Breaks	Page 5
How Allocations for Short Breaks are Decided	Page 5
Aiming High for Disabled Children	Page 6
Transition	Page 7
Direct Payments	Page 8
Home Care & Befriending	Page 8
Activities for Under 5's	Page 9
After School Clubs and Weekend Activities	Page 10
Youth Clubs	Page 13
Holiday Activities	Page 17
Family Activities	Page 20
Overnight Stays	Page 21
Sports and Leisure	Page 22
Other Activities	Page 23
Parents Information	Page 23
Directory of Useful Websites	Page 26



The Children with Disabilities Team

The Children with Disabilities Team is an integrated team consisting of Social Workers, Contact and Assessment Workers, Occupational Therapists, School Nurses, Administration and Specialist Health Visitors. It is divided into two teams, the 0-9 team who are based at Redbridge Children's Centre and the 10+ team who are based at the Station Road Centre in Barkingside. The teams provide a service that works in partnership with young people, parents, carers and professionals, to meet their individual needs. They carry out individual assessments of need in order to identify what services should be put in place, including short breaks, equipment and housing adaptations.

Making a Referral to the Children with Disabilities Team

The Children's Trust Assessment Team is the first point of contact for anyone requesting assistance, support, or with concerns regarding the welfare of children or young people living in Redbridge, including children with disabilities. They can be contacted at the address below:

Children's Trust – Child Protection & Assessment Team
CRC South
2nd Floor Rear
Lynton House
255 – 259 High Road
Ilford
IG1 1NN

Tel: 020 8708 3885/3781
Fax: 020 8708 3886

When making a referral can you please include the following information:

- Child's disability – a child **must** have a diagnosed disability in order to meet the Children with Disability Team eligibility criteria.
- The current needs of the child and their family.
- What type of service is required.
- Contact details for the family including telephone numbers.

The more information provided will enable us to assess the individual young persons' short and long term needs and will assist us with providing a more accurate and higher quality service to them. It will also allow us to prioritise cases that have greater or more urgent need.

Short Breaks Introduction

- It is not unusual for parents and children to need a break from each other!
- Most families have inbuilt support networks; grandparents may help with childcare and other relatives and friends can baby-sit, or children go to play at their friends' houses.
- Families with disabled children may find that "normal" support networks may not accommodate for their child's special needs. Older children may need lifting, for example, which may limit the people who can care for them.
- Some families with disabled children may need more support – or a different type of support – than friends and relatives can offer, so they may approach local Short Breaks services or Social Services. Short Breaks can take different forms and can be provided by different people.
- It is often thought that Short Breaks are simply a way of giving parents a break from caring for their child. Children can benefit from short breaks as much as their families.
- Short Breaks can provide opportunities for children to experience new activities, interact and form relationships with new people. At the same time, parents and families have time to enjoy activities that are not easily accessible with a disabled child, meet friends or just have a break.

Types of Short Breaks

There are many different types of Short Breaks, these can include:

- Overnight stays at either a specialist residential unit or with specially trained foster carers.
- After School and holiday clubs
- Mainstream Activities
- Home Care
- Befriending
- Short Breaks away from home

Accessing Short Breaks

Most of the services will accept direct referrals from families and professionals for the young person.

The only exception to this is for the Indigo Project and some of ELHAP's services and some services set-up under Aiming High for Disabled Children.

There is a contact number for the new projects that have been set-up under the Aiming High for Disabled Children's Programme at the back of this booklet.

There is a waiting list for some of the clubs, though this can sometimes be avoided if a carer attends with the young person.

There is a grid on pages 17, 18 & 19 that gives details of how services can be accessed and contact details are at the back of the booklet.



How Allocations for Short Breaks are Decided

- Once a child or young person's needs have been assessed by a worker from the Children with Disabilities Team, a comprehensive report is presented to the Resource Allocation Panel.
- The Panel meets fortnightly, usually on a Wednesday afternoon, and consists of:
Senior team members or managers from the Social Work Team, the Admin Team and an independent manager from one of the short break services, for example the Indigo Project.
- The Panel members consider the reports and usually request that the worker attend the Panel in order to answer further questions.
- If appropriate an individual care package is agreed for the child or young person, taking into consideration all the different factors including individual needs, service availability and Best Value.

Aiming High for Disabled Children

Aiming High for Disabled Children (AHDC) supports short breaks for children and young people aged 0-19 with disabilities. Breaks can be for part of a day, evening activities, short holidays, care in the home, clubs, befriending or other activities.

Redbridge Children's Trust already supports a number of short breaks but Aiming High brings new funding - up to £1.1m revenue for project running costs and £450k for capital such as buildings or equipment. Money comes from central government who will give equivalent money to Redbridge NHS for services for disabled children, including those with life threatening or life limiting conditions.

Whilst increasing the quantity and quality of short breaks AHDC also has a set of principles that will govern the way that services are run:

- **Transforming** Aiming High for Disabled Children is more than setting up short breaks. It will help transform the way services work through consulting and involving children, young people and parents. They have already suggested where more support is needed and stressed the importance of quality play, arts, sport and leisure activities for children.
- **Involving** Parent representatives have a key part in choosing new projects. AHDC will bring in new service providers to develop local services in Redbridge.
- **Partnership** AHDC is also about partnership, working with providers, parents and children to develop the services needed, extending the choices available.
- **Information** There will be clearer information available on services and how to access them
- **Transparency** There will be a clearer referral and allocation process for all services.

Amanda Ridgwell is the contact person for Aiming High for Disabled Children, she can be emailed at Amanda.Ridgwell@redbridge.gov.uk, her other contact details can be found at the back of this booklet.



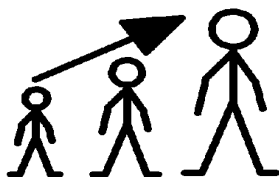
Transition

In the last few years there has been increasing recognition of the need to improve transition planning and support for children with disabilities as they move into adulthood. There is a widespread understanding of the need to coordinate this support across a range of services, leisure, Information, Advice and Guidance (IAG) providers, housing, education, benefits and employment services.

We have been funded by the Aiming High for Disabled Children Programme for this financial year and hope to put that towards making improvements, helping the transition from childhood to adulthood become a smoother journey.

This is an exciting time for transition in Redbridge and we have a real opportunity to change the way we work to support young people through it. There are a number of things that are going on at the moment, and hope that highlight the importance of transition within Redbridge. These include:

- 📌 Clickstart – An accessible transition information website, which will be online in the near future.
- 📌 Aiming High/Transition Consultation Group – This will be a group of young people with disabilities, who will be receiving self-advocacy training. They will have the opportunity to feed into the development of the transition process and other initiatives that affect young people within the borough.



Sara Merriman is the Transition Worker in the Children with Disabilities Team, she can be emailed at sara.merriman@redbridge.gov.uk, other contact details can be found at the back of this booklet.

ELHAP Transition Project will run 2 days a week between Monday – Friday from 9:30 to 3:30 each day for 50 weeks of the year. You will be able to Develop social, independent and communication skills, explore all aspects including how food is grown, how food is made and prepared, cooking skills and about work/volunteering opportunities and lots more.

Age Range: 16-24

Disabilities: All

Referral Process: CWDT

Cost: N/A

Direct Payments: NO

Contact Details:

Robert Dighton

119, Roding Lane North

Woodford Bridge

Essex

IG8 8NA **Phone:** 020 8550 2636

info@elhap.org.uk www.elhap.org.uk

Direct Payments

Direct payments are cash payments made to individuals who have been assessed as needing services, they can be used to fund services instead of social care provisions.

- A family may be offered a Direct Payment in order to fund part or their entire care package.
- A Direct Payment is a payment made directly to a family to enable them to purchase the services the child or young person needs, rather than services being paid and arranged for them by the Children with Disabilities Team.
- With the money the family can buy services from agencies or employ their own worker (usually called a personal assistant). This money can only be used to buy services, which meet the child, or young people assessed needs, as approved by the Resource Allocation Panel.
- A Direct Payment may not be used to buy services that can only be funded by the local authority, for example the Indigo Project.

Home Care & Befriending

- ✿ Home care hours are provided by approved agency staff.
- ✿ The agency staff only comes from agencies on the Local Authorities preferred provider list.
- ✿ They can be used for personal care or befriending.
- ✿ A home carer may attend mainstream clubs with children and support them with other leisure activities in the community.
- ✿ The carer may also provide personal care and should receive appropriate training to meet the individual child's or young person's needs.



The Indigo Project offer a home care service, this can be accessed through the children with Disabilities Team. Their home care packages meet a range of needs, as a result of a physical and learning disability. Provision can include personal and invasive care, manual handling befriending, administering medication etc.

Age Range: 0-18

Disabilities: Physical/or learning disability

Referral Process: Via CWDT

Cost: N/A

Direct Payments: No

Contact Details:

13 Granville Road

Ilford, Essex

IG1 4RU

Phone: 020 8554 2888

indigo.project@barnardos.org.uk www.barnardos.org.uk/indigo

The Rainbow Trust are offering family support workers to children with life-limiting or life threatening conditions. The workers can work with the child, their siblings or help out with the family.

Age Range: 0-18

Disabilities: Complex Health/or Life Limiting/Threatening

Referral Process: Aiming High

Cost: N/A

Direct Payments: NO

Contact Details: www.rainbowtrust.org.uk

Activities for Under 5's

Children's Centres There are a number of Children's Centres throughout Redbridge, all of whom offer a variety of activities for pre-school children, including those with special needs. Loxford Children's Centre has a sensory room and also organises a number of specialist sessions for children with disabilities. Contact details for the Children's Centres can be obtained by calling FiND on 0800 587 7500.

Haven House Tot's Club (Together On Tuesdays and Thursdays) are groups for parents/carers of pre-school children who have disabilities, additional or complex needs and their siblings. We offer a wide range of play activities that includes singing, sensory and messy play. Carers can use and borrow specialist toys, enjoy a coffee and a chat and speak with our Counsellor. A multi-sensory room is available for the children's use and a qualified Rejuvenessence Therapist provides pamper sessions at our Woodford Green venue.

Age Range: 0-5

Disabilities: All Disabilities

Referral Process: Self Referral/Health/Aiming High

Cost: N/A

Direct Payments: No

Contact Details:

The White House

Mallinson Park

High Road, Woodford Green

Essex, IG8 9LB

Phone: 0208506 5513 care@havenhouse.org.uk www.havenhouse.org.uk

Little Stars provide drop in, stay and play sessions for families and pre school age children with additional needs. The drop in services will run from indigo project twice a week with session lasting 2 hours. Tuesday 10am-12pm and Thursday 10am-12pm. The session will offer an opportunity for parents to bring their child to a safe, secure environment with specialist play equipment and resources including a soft room, 2 multi sensory rooms and outdoor play area. It will give parents an opportunity to receive support with other parent as they will have access to parenting skills sessions, educational information and support with practical issues like how to manage hair appointments and visits to the dentist.

Age Range: 0-5
Disabilities: Additional needs
Referral Process:

Cost: N/A

Direct Payments: NO

Contact Details:

13 Granville Road
Ilford, Essex
IG1 4RU

Phone: 020 8554 2888

indigo.project@barnardos.org.uk jo.chaney@barnardos.org.uk

The Rose Walton Centre provides specialised nursery and educational facilities for children with cerebral palsy who have multiple disabilities, significant learning difficulties with limited communication skills. Sessions will run morning and afternoon Tuesday to Friday each session will run with children for 2 hours in term time.

We aim to:

- Teach each child essential life skills and give them the opportunity to reach their potential
- Provide a holistic approach, where programmes are designed round the individual child's needs, utilizing every aspect of their physical, mental, social emotional potential.
- Provide educational and therapeutic support to children and their parent's in-group sessions.
- Empower parents in order that their child's learning can continue at home.

Age Range: 0-5

Disabilities: All

Referral Process: Self Referral/CWDT

Cost: N/A

Direct Payments: No

Contact Details:

Pauline Tingey
10 Crescent Road
South Woodford
London
E18 1JB

Mini Movers- Developmental movement can be particularly beneficial to children with learning disabilities and children who have behavioural difficulties. This club runs every Tuesday 1:30-3pm at the Newbury Hall Children's Centre. To book call Natalie on 0208 708 9423.

Age Range: Pre School

Disabilities: All

Referral Process: Self Referral

Contact Details: Call Natalie on 0208 708 9423

After School Clubs and Weekend Activities

Unity is a club for children and young people run by Norwood. Individuals do not need a Social Services referral in order to attend the clubs, though families may need assistance with funding. Whilst Norwood is a Jewish organisation, the club is available for all children with a learning disability. Unity provides activities in order to enhance a child's experiences whilst meeting and making new friends. Weekly clubs are broken into two age ranges: 5 to 11, 12 to 18 year olds, these groups take place on different nights/days of the week.

Age Range: 5-18

Disabilities: All

Referral Process: Via CWDT or Self referral

Cost: £3.50 per night plus membership fee of £15 per annum

Direct Payments: Yes

Contact Details:

Judith Mitchell

Norwood

King Solomon High School

Forest Road, Barkingside, IG6 3HB

Phone: 020 8559 6200 info@norwood.org.uk www.norwood.org.uk

Indigo After School Club - This is an after school club run during term time from Monday to Friday, 3.15pm to 7pm. Young people are brought to the project from school by Redbridge transport, and are collected by parents or carers. The project caters for children aged 5-18 and different age groups attend on different evenings. Children and young people can take part in a variety of activities including art, music, sensory, trips out and general social activities. An evening meal is provided at the club, which can cater for a variety of dietary needs.

Barnardo's Indigo project offers a range of services to enhance the quality of life for children and young people with disabilities, within the London borough of Redbridge.

The project works towards providing an empowering environment through creative play, drama, art and music as a means of enhancing a positive self-image for disabled children and young people. The service aims to provide a positive placement experience for each young person and to work in partnership with families and carers. The project promotes valued roles and equality in the community. As a continually evolving project, it assists young people in expressing their views on the service, and openly encourages independence and freedom of choice as a basic human right.

Age Range: 5-18

Disabilities: All
Referral Process: Via CWDT
Cost: N/A



Direct Payments: NO
Contact Details:

13 Granville Road
Ilford, Essex IG1 4RU
Phone: 020 8554 2888

indigo.project@barnardos.org.uk www.barnardos.org.uk/indigo

Indigo Saturday Club Indigo also run a Saturday club offering the same sort of activities as the after school club, however, transport is not provided. The seniors and 16+ clubs run on alternate Saturdays to the junior club.

N.B Children attending the above Indigo clubs will also be offered some sessions during the holidays.

Age Range: 5-18
Disabilities: All
Referral Process: Via CWDT

Cost: N/A
Direct Payments: NO

Contact Details:
13 Granville Road
Ilford, Essex
IG1 4RU
Phone: 020 8554 2888

indigo.project@barnardos.org.uk www.barnardos.org.uk/indigo

ELHAP runs regular fortnightly Saturday Clubs throughout term-time with gaps for the holidays. The club is open from 10.30 am till 3.30 pm. There are about 150 children registered for the Club, including siblings of children with disabilities. Unfortunately, transport cannot be provided at Saturday Clubs.

Age Range: 5-19
Disabilities: All
Referral Process: Via CWDT or Self Referral

Direct Payments: Yes

Contact Details:
Rob Deighton
119, Roding Lane North
Woodford Bridge
Essex
IG8 8NA

Cost:

1.1 Staffing cost per day	1.4 Staffing cost per day	1.8 staffing cost per day
£135	£75	£45

Phone: 020 8550 2636 info@elhap.org.uk www.elhap.org.uk

A Place To Be run monthly Saturday activity sessions for children with Autism and other social communication difficulties and their siblings. The club runs from 10.00a.m until 12.00p.m and sessions are free.

Age Range: 5-14
Disabilities: All

Referral Process: Self Referral

Cost: N/A

Direct Payments: Yes

Contact Details:

Rita Beaumont

The Bridge

Maybank Road

South Woodford E18 1ET

Phone: 0220 8989 3418 enquiries@theplace2be.org.uk

Bridge After School Club is a mainstream after school club running at Aston Mansfield Playing Fields. They offer an integrated service and currently have a number of children attending the club with learning disabilities and/or autism.

Age Range: 11-19

Disabilities: All

Referral Process: Self Referral

Cost: Please ask club

Contact Details:

Peter & Tracy Foley

Ashton Mansfield Playing Fields

598 Chigwell Road

Woodford Bridge

Essex, IG8 8AA

Phone: 020 8505 0491/07895503194

Youth Clubs

Daton Youth Club The club meets at the Downshall Centre in Aldborough Road South on a Tuesday and Thursday evening between 7 & 9pm. We do offer transport for a small cost. The youth club includes activities such as games, arts and drama. The club is for young people with a learning disability aged between 12 and 25.

Wednesday Evenings we have a club for young people with physical /sensory impairment that is from 7-9pm. Unfortunately we do not at this present time have transport. Again we offer games, art, sport, visits e.g. theatre. We also have advice & information and discussion around disability issues.

Age Range: 12-25

Disabilities: Learning/or Autism for Wednesdays: physical/sensory

Referral Process: Self Referral

Cost: Annual membership= £3.00 A Night=40p

Direct Payments: No

Contact Details:

Ann Ward

Downshall Centre

Aldborough Road South

Seven Kings

Ilford, Essex

IG3 8HZ

Phone: 020 8708 8072

ann.ward@redbridge.gov.uk

www.redbridge.gov.uk

Indigo Theatre Workshop The club meets at the Barnardo's church hall in Tanners Lane on a Tuesday evening and provides an integrated theatre workshop for young people. The club is for young people aged between 11 and 18. No special skills are required except enthusiasm and a willingness to participate.

Age Range: 12-18

Disabilities: Learning with Addition

Referral Process: Self Referral

Cost: N/A

Direct Payments: NO

Contact Details:

Jo Merry

13 Granville Road

Ilford

Essex IG1 4RU

Phone: 020 8554 2888

indigo.project@barnardos.org.uk www.barnardos.org.uk/indigo

Our Club – Redbridge Mencap The club meets at Wanstead Youth Centre on a Wednesdays 4.15-7pm. Activities include pool, sports, arts and crafts, outings, cooking and residential weekends away. The club is for young people with various disabilities aged between 11 and 18 and costs £3 per session and an additional £3.00 if transport is required.

Age Range: 11-18

Disabilities: Learning/ or Autism

Referral Process: Self Referral

Cost: £3.00 and an additional £3.00 if transport is required

Direct Payments: No

Contact Details:

Karen Fineberg

Wanstead Youth Centre

Elmcroft Avenue

Wanstead, London E11 2DB

Phone: 020 8989 1711/ 07809649307 karen.fineberg@redbridge.gov.uk

www.redbridge.gov.uk

Hainault Youth Club meets on a Monday night at the Hainault Youth Centre in Huntsman Road. The club offers a number of sporting activities and a general youth club. It is for young people with a moderate learning disability aged between 11 and 21.

Age Range: 11-21

Disabilities: learning disability/or Autism

Referral Process: Self Referral

Cost: £3.00

Direct Payments: No

Contact Details:

Chris Venn

Hainault Forest High School



Huntsman Road,
Hainault, Ilford,
Essex IG6 3SY

Phone: 020 8500 8071 youthservice@redbridge.gov.uk www.redbridge.gov.uk

Staar at the Cherry Tree Café, Woodbine Place, Wanstead (next to library) every Monday 4:30-6pm (term time) for Children 0-12 with autism/aspergers for a chance to take part in different games and activities.

Age Range: 0-12

Disabilities: Autism/Aspergers

Referral Process: Self Referral

Cost: N/A – a £5 subsidised price for music therapy

Direct payments: NO

Contact Details

Julie Rennie 020 8532 2795

rennie_julie@yahoo.co.uk

Staar Gamestaar -Thursday evenings 3pm-6pm (term time) gaming group for children with Aspergers aged between 12-19. Play the Wii, Playstation, Xbox 360 or PC. For more detail contact Julie Rennie

Age Range: 12-19

Disabilities: Autism/Aspergers

Cost: N/A

Direct Payments: No

Contact Details:

Phone: Julie Rennie 020 8532 2795

Email: rennie_julie@yahoo.co.uk

True Colours This club, run by Redbridge Forum, meets every Wednesday night at the Mildmay Centre in Albert Road. It is open to all young people regardless of need. A wide range of activities are on offer including, drama, Nintendo Wii, X-Box, Karaoke, sports, beauty and art. Various trips out are also organised throughout the year.

Age Range: 14 – 21

Disabilities: Any

Cost: £1.00 per evening

Direct Payments: No

Contact Details: Amy Squires at Redbridge Forum 020 8478 7571
asquires84@hotmail.com

Elhap Youth Club The club meets at the ELHAP adventure playground in Roding Lane North on a Thursday night. The club offers a number of activities including trips out, themed evenings, and outdoor activities and is for young people with a learning disability aged between 13 and 19. The club costs £5.00 per session.

Age Range: 13-19

Disabilities: learning disability, Learning/Autism, complex Health, Life Limiting/Threatening

Referral Process: Self Referral

Cost: £5.00
Direct Payments: Yes
Contact Details:
Rob Deighton
119, Roding Lane North
Woodford Bridge
Essex
IG8 8NA
Phone: 020 8550 2636

[Afaisic](#)

Youth Project The club meets at the Downshall Centre in Aldborough Road South on a Friday evening. The activities on offer include sports, arts, crafts and outings. The club is for young people with primary speech and language communication impairments aged between 11 and 19. The club costs £1.50 per session.

Girl Talk- Saturday or Sunday full days approx monthly with dates arranged between girls and support staff. Mainly term time but sometimes in holidays. One weekend residential Friday and Sunday at time most convenient to group.

UK Youth Achievement Award- Challenges 2-3 term, weekend, full day or c 5 hour usually offsite matched with equivalent Saturday morning 3.5 hours portfolio sessions at the Downshall centre usually in half term.

Parson Centred Planning – Flexible life-planning sessions arranged between individual clients and training volunteers to develop individually 'owned' plans and pursue outings etc

Age Range: 12-19

Disabilities: Autism

Referral Process: Self Referral

Cost: £1.50 per session

Direct Payments: No

Contact Details:

Downshall Centre
Aldborough Road South
Seven Kings

Ilford, Essex IG3 8HZ

Phone: 020 8317 1644

c.daviesjones@btinternet.com



Haven House Youth Club at the Soul Project (in Walthamstow) where young people between the ages of 11 and 19 years old can enjoy the sensory room, the computers and the game consoles. Younger siblings are welcome to join in the fun with a soft play area and a variety of activities provided for them. Parents and carers are able to stay and enjoy some refreshments. Haven House Care staff are in attendance, while the Soul Project staff provide stories and adventures.

Age Range: 11-19

Disabilities: All

Referral Process: Self Referral

Cost: N/A



Direct Payments: No

Contact Details:

The White House
Mallinson Park
High Road, Woodford Green
Essex, IG8 9LB

Phone: 0208506 5513 care@havenhouse.org.uk www.havenhouse.org.uk

Holiday Activities

Fairlop Sailing Centre The centre has bought a wheelchair accessible boat and will offer sessions on a Friday during the school holidays. They can cater for a wide variety of disabilities and will offer sessions on a number of different boats. Children and young people will need to bring a packed lunch. Please Call the Centre for details and availability

Age Range: 8-19

Disabilities: All

Referral Process: CWDT/or Aiming High

Cost: £4.00 per session

Direct Payments: No

Contact Details:

Michael Phillips
Forest Road
Hainault
Essex IG6 3HN

Phone: 020 8500 1468 michael.phillips@redbridge.gov.uk www.fairlop.org.uk



ELHAP provides around 10 weeks of holiday play schemes each year, normally in the Summer, Easter, May, October and February half term holidays. There is a current list of about 150 children who are registered for play schemes. Places on play schemes are limited to about 40 children and young per day depending upon the number of staff and volunteers available. Play schemes run from 10.00am - 3.30pm. Transport to and from ELHAP is provided at holiday play schemes.

Age Range: 5-19

Disabilities: Learning disability, Physical, Autism, Complex Health, Life Limiting/Threatening

Referral Process: CWDT
Direct Payments: Yes

Cost:

Contact Details: Rob Deighton
119, Roding Lane North
Woodford Bridge Essex
IG8 8NA

1.1 Staffing cost per day	1.4 Staffing cost per day	1.8 staffing cost per day
£135	£75	£45

Phone: 020 8550 2636

info@elhap.org.uk www.elhap.org.uk

Unity (service of Norwood) offers weekly clubs and holiday schemes, during the three main school holidays, for children aged 5-18 years with disabilities. Individuals do not need a Social Services referral in order to attend the service, though families may need assistance with funding. Whilst Norwood is a Jewish organisation, Unity is available to all children with disabilities. Unity provides activities in order to enhance a child's experiences whilst meeting and making new friends, these include cookery, drama and art and crafts as well as trips to theme parks, museums, zoos etc.

Age Range: 5-19

Disabilities: All

Referral Process: CWDT or Self Referral

Cost: 1.1= £65 per day 1.2= £56 per day 1.4= 24 per day

Residential Holiday= £675.00

Direct Payments: Yes

Contact Details:

Judith Mitchell
Norwood
King Solomon High School
Forest Road
Barkingside
IG6 3HB

Phone: 020 8559 6200 info@norwood.org.uk www.norwood.org.uk

Norwood offers a scheme during the half-term holidays called Time 4 U. Parents have the option of their children accessing either half term play schemes, at the Norwood Leonard Sainer Children and Family Centre in Barkingside or receiving home support whereby carers will engage in activities with individual children in their own homes and out in the community. Referrals for Time 4 U can be made via Aiming High for Children with Disabilities.

Age Range: 5-19

Disabilities: All

Referral Process: Aiming High

Cost: N/A

Direct Payments: No

Contact Details:

Laura Barrett
Norwood
King Solomon High School

Forest Road
Barkingside
IG6 3HB

Phone: 020 8559 6200 info@norwood.org.uk www.norwood.org.uk

SNAPs Play Project Fun days out for young people with special needs. This project is about giving young people the opportunity to play where they can make friends, have new experiences and have a great time!

Snaps Caters for young people between the Ages 2-16 and runs four times a year in the Holidays February (4 days) Easter (2 weeks) summer (3 weeks) October (4 days).

Age Range: 8-14

Disabilities: All

Referral Process: Via CWDT

Cost: £40

Direct Payments: No

Contact Details:

Shopna Hague
Ray Lodge Children's Centre
91 Ray Lodge Road
Woodford Green, Essex
IG8 7PG

Phone: 020 8506 5272

shopna.hoque@redbridge.gov.uk www.redbridge.gov.uk

The Catholic Fellowship will be running a scheme during the summer holidays for children and young people, providing a range of activities.

Age Range: 5-19

Disabilities: All

Referral Process: Self Referral

Cost: £1.00

Direct Payments: No

Contact Details: Ann Kyndt

Phone: 020 8989 9032

Bright Ideas is a scheme for primary aged children, run by Redbridge Forum. They offer activities over the majority of the school holidays and is aimed at children who do not receive many services.

Age Range: 5-12

Disabilities: All

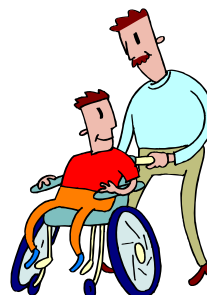
Referral Process: Aiming High/ or Self Referral

Cost: N/A

Direct Payments: Yes

Contact Details:

Amy Squires
Redbridge Forum
98-100 Ilford Lane
Ilford
Essex IG1 2LD



Phone: 020 8478 7571 asquires84@hotmail.com

Family Activities

Lambourne End Outdoor Activity Centre and Farm is hoping hold 6 family fun days this year. They will provide a wide range of activities including ropes course, orienteering, caving, archery, pony and cart rides, climbing, wheelchair abseil, meet the farm animals and more. The events will provide a chance for the whole family to take part in activities together and meet up with other families whose children have similar needs. Lunch will be provided.

Age Range: 0-19

Disabilities: Learning disability, Physical, Autism, Complex Health, Life Limiting/Threatening

Referral Process: Self referral /or Aiming High

Cost: N/A

Direct Payments: No

Contact Details:

Danette Dawson
Lambourne End Outdoor
Activity Centre
Manor Road
Lambourne End
Essex
Rm4 1NB

Phone: 020 8500 3047 **Ext. 2210**

danette.dawson@lambourne-end.org.uk www.lambourne-end.org.uk



Fun 4 All is a holiday scheme run by Redbridge Forum. The whole family can attend and a variety of activities are organised, including bowling trips, cinema outings and park activities.

Age Range: 0-18

Disabilities: Learning disability, Physical, Autism, Complex Health, Life Limiting/Threatening

Referral Process: Aiming High/or Self Referral

Cost: N/A-Small charge for days out

Direct Payments: No

Contact Details:

Amy Squires
Redbridge Forum
98 – 100 Ilford Lane
Ilford

Essex
IG1 2LD
Phone: 020 8478 7571 asquires84@hotmail.com

Overnight Stays

Indigo is a short break residential service. This is a four bed unit. Two beds are reserved for Redbridge children. The service offers overnight and weekend care to children and young people with severe disabilities and complex needs.

Indigo is a family-based short break. This service provides short breaks for children with disabilities with approved paid foster carers, recruited specifically for this purpose.

Age Range: 5-18

Disabilities: Learning with Addition

Referral Process: Via CWDT

Cost: N/A

Direct Payments: NO

Contact Details:

13 Granville Road

Ilford

Essex

IG1 4RU

Phone: 020 8554 2888

indigo.project@barnardos.org.uk www.barnardos.org.uk/indigo

Hamelin House is a short break home in Billericay. It provides a safe and stimulating place for children to stay and organises a number of activities for children and young people to take part in. Transport cannot be provided.

Age Range: 5-18

Disabilities: Learning disability, Physical, Autism, Complex Health

Referral Process: Via CWDT

Cost: N/A

Direct Payments: No

Contact Details:

Gill Betts

7 Stock Road

Billericay,

Essex,

CM12 0AD

Phone: 01211 65111266 gillbetts@hamelintrust.org.uk www.hamelintrust.org.uk

Lambourne End Overnight Adventure Trips to the two night stays will be provided for 48 disabled young people this short break will begin at 4pm on day 'one' and finish at 4pm on day three. Transport to and from the centre will be provided as will all food. Activities such as Orienteering, Archery, caving, farms tours and lots more.

Age Range: 8-18

Disabilities: All
Referral Process:
Cost: N/A
Contact Details:
Rob Gayler
Lambourne End Outdoor
Activity Centre
Manor Road
Lambourne End
Essex
Rm4 1NB

Phone: 020 8500 3047

rob.gayler@lambourne-end.org.uk

www.lambourne-end.org.uk



Sports and Leisure Activities

Sport & Physical Activity A wide range of inclusive sport and recreational activities are available within Redbridge throughout the week and during the holidays. Michelle Wood is the Sports Development Officer for Healthy Lifestyles Programme and inclusion. The Sport & Physical Activity Team are based at Wanstead Leisure Centre and organises a wide range of activities throughout the year.

Contact Details:

Michelle Wood

Phone: 020 8708 3198 michelle.wood@redbridge.gov.uk www.redbridge.gov.uk



Cinema Stratford Picture house offer a monthly autism friendly screening of a current film. Details of these can be obtained by calling 0871 704 2066

Carers may also be entitled to free cinema entry when accompanying a child or young person with a disability. Further details can be found at:

www.ceacard.co.uk



Or contact your local participating cinema for an application form. There is a yearly processing charge of £5.50 for the card.

Redbridge Cycling Centre The centre is the most exciting new leisure facility for cyclists in Essex, London and the south east of England. It has purpose built road & off road tracks to give you a great cycling experience in a car free environment.

Age Range: 4 years and over

Cost: £2.00 bike hire £2.00 track hire

Contact Details:

Forest Road,

Hainault,

Ilford, Essex,

IG6 3HP

Phone: 020 8500 9359



Other Activities

The Indigo Project runs a young carers service. This service provides a range of direct services to young carers individually and in groups. This includes counseling, advocacy, recreation and leisure activities, and befriending.

The project also runs a Moving On Group for young people with a learning disability going through transition (aged 17+). They look at independence skills, travel training and visit a variety of places during the course.

The Lila Project is also run from Indigo and gives children with complex health needs a weekly play session.

Age Range: 5-18

Disabilities: All

Referral Process: Via CWDT

Cost: N/A

Direct Payments: NO

Contact Details:

13 Granville Road

Ilford

Essex

IG1 4RU

Phone: 020 8554 2888

indigo.project@barnardos.org.uk

www.barnardos.org.uk/indigo

Information for Parents/Carers

Redbridge Carers Support Service offers advice and support to parents caring for a child or young person with a disability. They offer a range of services including a phone line, drop-in sessions and pampering sessions.

Contact Details:

RCSS
17 Station Road
3rd Floor
Ilford
Essex IG1 4DW
Phone: 020 8514 6251

Interface is open to carers of children and young people with SEN and/or disabilities (physical, learning, communication, behavioural, sensory and rare disorders) as well as children and young people with health conditions, which mean they have additional care needs.

Although they cannot take up individual issues, Interface needs to know if there are patterns of problems or particular problems for particular groups of SEN or disabled children. We also work with existing Groups.

They aim to:

- Seek to ensure parents have genuine influence in shaping existing services and in the planning and commissioning of new services;
- Ensure parents are able to praise things that are working well and challenge things that are not;
- Inform parents about what is happening on issues that might affect them and their children;
- Seek to ensure participation from all areas of Redbridge and across all groups and all disabilities;
- To raise the profile of disabled children in the Borough as well as respect and understanding for parents as carers;
- Strive to build relationships with service providers and others so as to begin to achieve the above aims;
- Provide knowledge and information for parents who do not know what services are out there so they can make informed choices.

Interface is a unique opportunity for parents and carers to have a say in how services are run and to influence change within the Local Authority and NHS.

Contact Details:

Interface,
c/o Redbridge Forum,
98-100 Ilford Lane,
Ilford,
Essex
IG1 2LD
Phone: 020 8514 8316 interfaceredbridge@gmail.com

STAAR (Supporting together those with Autism & Aspergers in Redbridge) are a friendly group of parents and carers who all care for children and adults living in Redbridge with Autism, Aspergers or related disorders. They provide information and support for parents and carers raise awareness and highlight the needs of those with autism, Aspergers and related disorders, and they provide social opportunities for children, adults and their families and carers. They hold regular evening meetings with speakers covering issues such as education, respite, benefits etc, they do regular coffee mornings, social evenings for carers, activities for the whole family, and secure e-group for members which allows them to keep in touch with the latest news, events and communicate with other members even if they unable to attend meetings.

Contact Details:

Phone: 020 8532 2795 Rennie_julie@yahoo.co.uk

P.A.C.T Parents of Autistic Children Together is a voluntary organisation that aims to support the needs of families, carers and friends of children with Autistic Spectrum Disorders living in Barking & Dagenham, Havering and Redbridge. PACT was formed in response to a lack of specialist service provision in this part of North East London/Essex.

They provide a fully integrated activity programme for families of Autistic children, offering activities which are generally inaccessible due to lack of suitability, inadequate support and absence of specialised facilities. In addition they offer advice and information on the many issues which affect Autistic individual – ranging from welfare benefits and education advice to dietary information and behaviour management.

They provide a structured range of activities for children and young people with Autistic Spectrum Disorders including weekly youth clubs and football workshops, summer leisure programme, regular integrated activities for the families, information and advice on ASD and related issues, assistance with welfare benefit forms, support/advocacy at meetings, parent support groups, workshops and conferences, specialised library, quarterly newsletter, one to one support for individuals/families experiencing particular difficulties, practical support with speech and communication difficulties.

Contact Details:

482 Gale Street,
Dagenham,
Essex, RM9 4NU

Phone: 020 8220 0090 admin.pact@ntlbusiness.com www.pact-uk.co.uk

Redbridge Forum – work with groups and individuals to improve the quality of life of people with a learning disability and their carers in Redbridge.

They give out information on services through our information starter pack and newsheets, hold special events such as annual opportunities fair, talk about important issues at their regular focus group meetings, find out what people think about services and present the results to the partnership planning group for learning disability services, organise special meetings for people in Redbridge to give their views, talk to their members about local issues, support people with a learning disability to speak up for themselves through speak up events advocacy work, put together user friendly information by using pictures, plain language, tapes and other languages.

Contact Details:

Phone: 020 8478 7571 asquires84@hotmail.com

FiND (Families Information Direct) one stop information and advice service for families and people who work with families. They provide information and advice on a wide range of issues that impact on family life – from childcare and childcare funding; activities for children and young people through to care and support services available.

Contact Details:

Hainault Forest

Community Association

100b Manford Way Hainault

Essex, IG7 4DF

Phone: 0800 587 7500 find@redbridge.gov.uk www.redbridge.gov.uk

Directory of Useful Websites

For/By People with Learning Disabilities

www.thebigtree.org	Information on various topics and links to other sites
www.trans-active.org.uk	16+ site from Mencap
www.bris.ac.uk/Depts/NorahFry/PlainFacts	A magazine and tape for people with learning difficulties
www.movingonup.info	Gives information on service and support available upon leaving school
www.nationalforum.co.uk	National Forum for people with learning disabilities
www.speakup.org.uk	Self advocacy project for people with learning disabilities
www.heartnsoul.co.uk	Written by people with learning disabilities about their project, includes information on the Beautiful Octopus Club and Squidz

www.workingwithwords.org	Group that work with people with learning disabilities in order to train and prepare them for work. The service will also translate documents into an accessible format.
www.peoplefirst.org.uk	Self advocacy group
www.priorywoods.middlesbrough.sch.uk	School website
www.askability.org.uk	Information about news and current affairs

Transition

www.after16.org.uk	Transition Information Network
www.movingonup.info	gives information on service and support available upon leaving school
www.thebigtree.org.uk	Information on various topics and links to other sites
www.macintyrecharity.org	learning disabilities charity who produce workbooks
http://redbridge.clickstart.org.uk/portal	Information you need about becoming an adult in Redbridge

Legislation

www.opsi.gov.uk	Government acts
www.dh.gov.uk/en/Publicationsandstatistics	Department of health legislation
www.londonscb.gov.uk	Child protection procedures

Person Centred Planning

www.paradigm-uk.org	information and downloads
www.learningcommunity.us	American website about person centred planning
www.helensandersonassociates.co.uk	Information and plans

General Information

www.abilityonline.net	Disability information
www.cafamily.org.uk	information on conditions and support available
www.turning-point.co.uk	charity providing services for adults with learning disabilities
www.macintyrecharity.org	learning disability charity who produce workbooks
www.janbrett.com	Easy to understand games and activities
www.enabledlondon.info	Website giving details of accessible places to visit in London and the Southeast
www.paradigm-uk.org	Information and downloads
www.ncil.org.uk	Information about Direct Payments and Individualised Budgets

www.disabledparentsnetwork.org.uk	Information and support for parents
www.ace-centre.org.uk	Information about communication
www.youreable.com	Information and services for disabled people
www.changepeople.co.uk	Organisation run by people with learning disabilities promoting equal rights
www.inspireservices.co.uk	Accessible information
www.earlysupport.org.uk	Early Support is the central government mechanism to improve the quality, consistency and coordination of services for young disabled children and their families across England.
www.ableize.com	Directory of disabled and health related sites offering advice, products and health goods, services, social care and mobility aids

Resources

www.cafamily.org.uk	Information on conditions and support available
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www.macintyrecharity.org	Learning Disability Charity who produce workbooks
www.easyinfo.org.uk	Advice on making information easier to understand for people with learning disabilities
www.valuingpeople.gov.uk	Information on the Valuing People White Paper with a resources section with information on a wide variety of topics
www.in-control.org.uk	Information on person centred planning and individual budgets
www.bris.ac.uk/norahfry/online.html	Information on a wide variety of topics
www.paradigm-uk.org	Information and downloads
www.communicationmatters.org.uk	Downloadable information on augmentative and alternative communication
www.changepeople.co.uk	Communication resources
www.learningcommunity.us	American website about person centred planning and other information

www.priorywoods.middlesbrough.sch.uk	School website with downloads
http://www.intelligentgiving.com	Information on charities

Specific Conditions

www.nas.org.uk	National Autistic Society
www.bild.org.uk	British Institute of Learning Disabilities
www.downs-syndrome.org.uk	Downs Syndrome
www.sense.org.uk	Deaf/Blind Charity
www.mencap.org.uk	Learning Disability
www.teacch.com	Autism and the TEACCH program
www.learningdisabilities.org.uk	Information about Learning Disabilities

