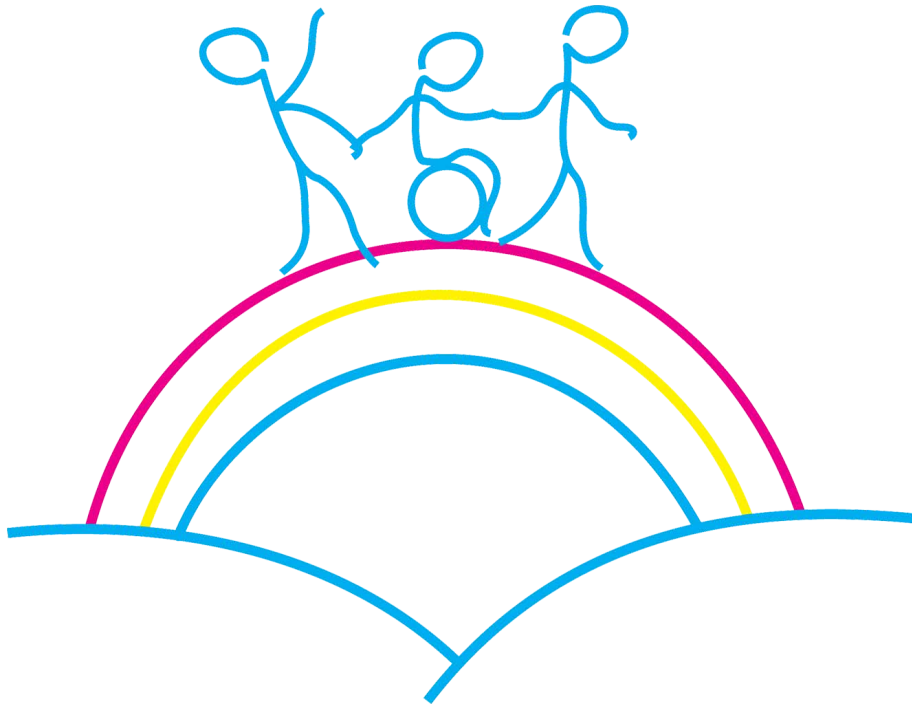


The Bridge School

Early Help Pack



**Please contact Lianne: *Pupil and Family Liaison Worker*
if more information is needed.**

A7017@taw.org.uk

This Early Help pack is continuously being updated.

Use the bookmarks to jump to sections

The Bridge School Early Help Offer

We believe that all of our children and their families are entitled to access Early Help support and as a school ensure that appropriate support and guidance is offered to parents/carers at any time. It is important that children and their families get the right support at the right time.

The Bridge School offers a wide range of its own Early Help services and is committed to promoting positive outcomes for pupils and their families within our school community. There is an onsite Family Room that we welcome our parents/carers to access. The offer includes:

- Referrals to appropriate services as necessary e.g. Physio, Speech and Language Therapy, Occupational Therapy, BEE U (dependent on the criteria for their services).
- Time for a family to talk through any pressures that they have.
- Signposting to support groups and organisations
- Signposting or materials to support issues such as sleep management.
- A library of resources such as books in relation to communication support etc.
- Advice in relation to strategies used with individual pupils to support their engagement and behaviour.
- Support for families relating to attendance issues in school e.g. around transition or changes for a pupil.
- Parent training sessions planned for the year including Makaton, 'Challenges of Adolescence', sleep course, online safety and many others.
- Coffee mornings where information is shared, and parents/carers can network.

There is a range of information and services that can be accessed (some of these may be dependent on locality). Please see below links for the 'Local Offer' and other useful websites that can offer support.

- Telford SEND Local Offer <https://www.telfordsend.org.uk/site/index.php>
- Shropshire SEND Local Offer <https://www.shropshire.gov.uk/the-send-local-offer/>
- Staffordshire SEND Local Offer
<https://www.staffordshire.gov.uk/education/Access-to-learning/Local-Offer-SEND-Pathway.aspx>
- Wolverhampton SEND Local Offer
<https://win.wolverhampton.gov.uk/kb5/wolverhampton/directory/localoffer.page?localofferchannel=0>
- Walsall SEND Local Offer <https://send.walsall.gov.uk/>
- Parents Opening Doors <https://www.podstelford.org/>
- Cerebra Sleep Advice Service <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>
- The Sleep Charity <https://thesleepcharity.org.uk/>

In addition to the above, any family can request a referral for an Outcomes Based Assessment (through their local council Children with Disabilities) through Family Connect and school can also support with this referral.



Short Breaks Statement 2025

For families and professionals who support and care for a child or young person up to the age of 18, who has a diagnosed disability and lives in the borough of Telford and Wrekin. This Short Break Statement is designed to show how we meet the social care needs of Children and Young People with disabilities in Telford and Wrekin. It shows the levels of support available, who it is available to and how to access it.

Local Offer
for Special Educational Needs and Disability

Discover everything you need to know about education, health and care services in your local area for children and young people with SEND 0-25yrs at www.telfordsend.org.uk



Introduction

Welcome to our Short Breaks Statement

In Telford & Wrekin we work together with children, young people and their families to achieve the best possible outcomes in all areas of their life. We believe that with the 'right support at the right time' this is possible. Working together, children and young people with disabilities can and will achieve their full potential.

This Short Break Statement is designed to show how we meet the social care needs of Children and Young People with diagnosed disabilities in Telford and Wrekin. It shows the levels of support available, who it is available to and how to access it.

It explains:

- What Short Breaks are for children and young people with disabilities
- Who can have a Short Break
- What sort of breaks are available
- How to access a Short Break

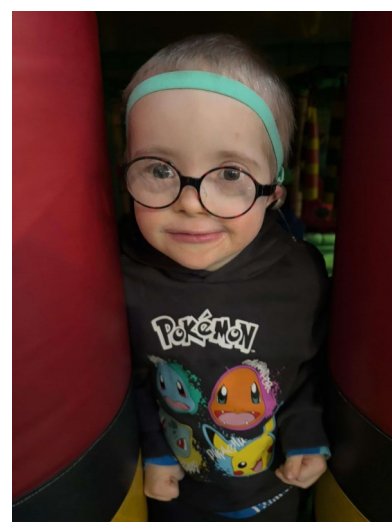
The statement is part of our SEND Local Offer. The SEND Local Offer describes the support available for families in the borough of Telford and Wrekin, who have a child with special educational needs and/or a disability. www.telfordsend.org.uk

[Click here to view the Short Breaks Regulations 2011 guidance document.](#)



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<u>Page</u>	<u>Section</u>
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4)	A Tiered Offer of Support
5)	Universal Support
8)	Targeted Support
10)	iCan2
12)	Specialist Support





What are Short Breaks?

Short Breaks are solely available for children and young people with a diagnosed disability and span a range of activities, care and support options that a child/ young person with disabilities may need. A Short Break can last from a few hours to a few days, an evening, overnight, a weekend, and school holiday daytime activities, depending on assessed need.

Short Breaks provide an opportunity for children and young people with disabilities to spend time away from their carers, try out new things, have fun and make new friends. Short Breaks can also provide families with a chance to do things together.

What is Disability?

Telford & Wrekin Council use the legal definition of disability;

A physical and/or mental impairment that has a long term and adverse effect resulting in significant impact on daily living/development of the child/young adult

The Children's Act 1989 requires all local authorities to establish a register of children with a disability in their area. This is then used for statistical information and to assist service planning to meet the needs of children with disabilities and their families.

Having a disability or being on the children's disability register does not automatically mean that you or your child need to access social care support, you may instead be signposted to access 'universal services' or targeted and preventative support. This statement is intended to show you what support may be available for you based on your child's needs.

If you would like your child to join the register, email shortbreaks@telford.gov.uk to request an application form.

The Legal Framework used in this statement:

Breaks for Carers of Disabled Children Regulations 2011

Children Act 1989 (Section 17 (1))

Children and Young Persons Act 2008

Children and Families Act 2014

Short Breaks Regulations

Chronically Sick and Disabled Persons Act 1970

Equality Act 2010

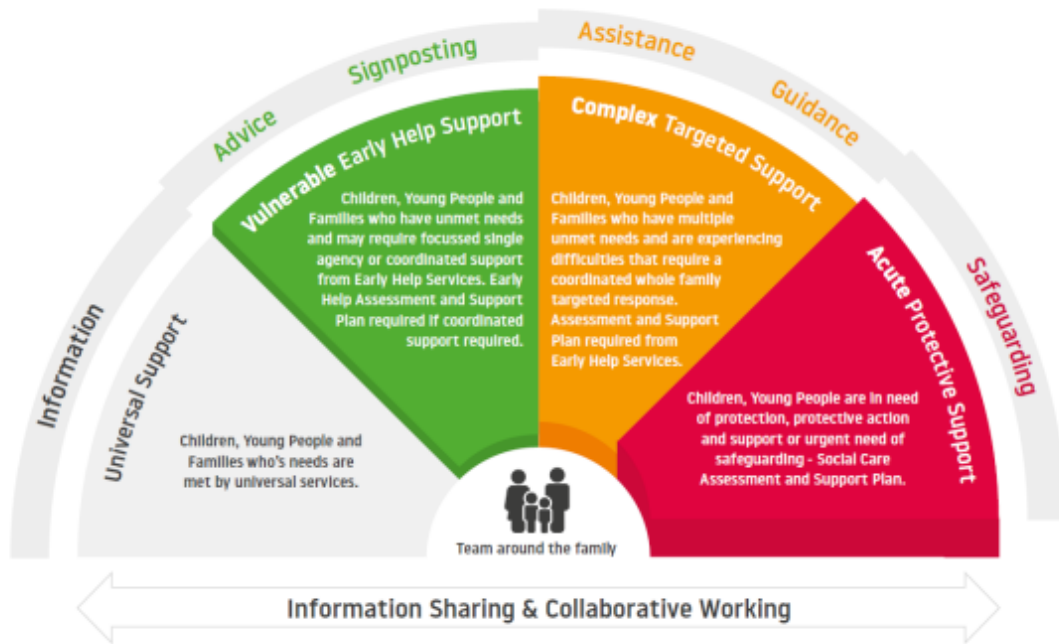
NHS Act 2006 (Amended 2012)

Care Act 2014

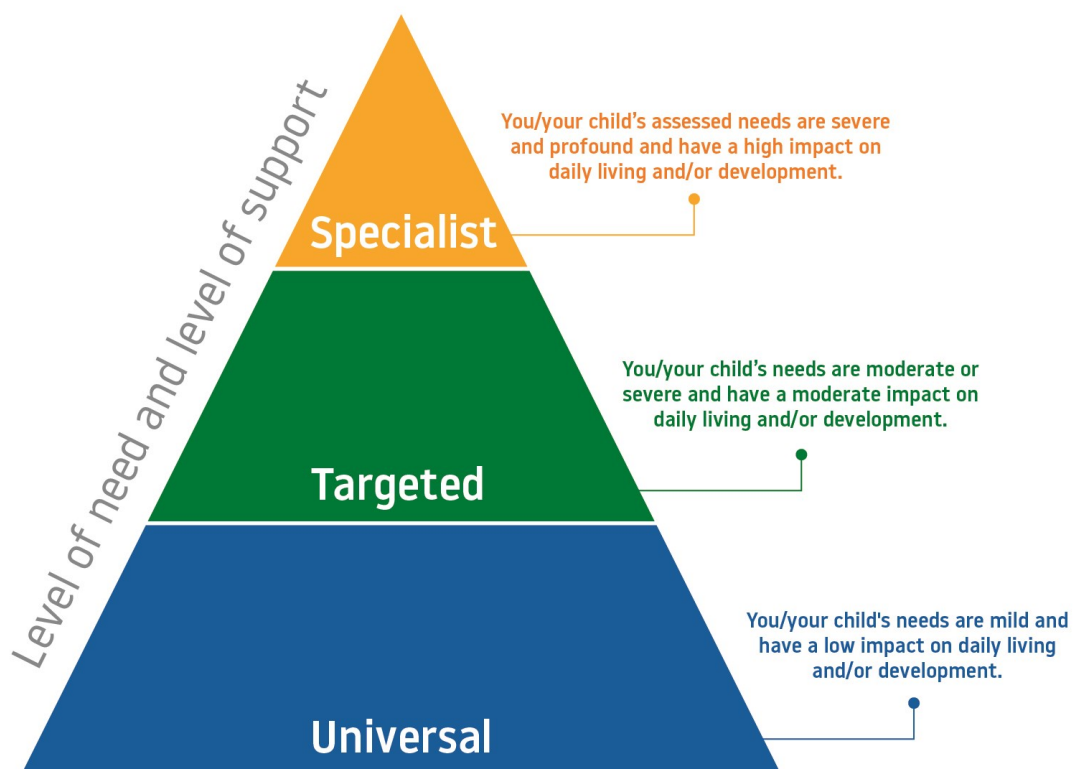
A Tiered Offer of Support

Not all children with disabilities and their families need the same level of support. There are three levels of Short Breaks offers in Telford and Wrekin. The impact of your child's disability on day-to-day life, your child's needs, and each family's individual circumstances determine the appropriate level of support. An individual's needs may fluctuate between levels.

The following 'windscreen of need' is used to shape the Council's Children's Services



The Short Breaks offer is illustrated in the diagram below.



Universal and Universal Plus Support

Universal level support is open for everyone to use i.e. leisure centres, cinemas, Scouts and Guides, and should be available to all people. Universal plus is where reasonable adjustments have been made to meet additional needs particularly where disability has a lesser impact on day-to-day life.

Needs:

- The child or young person needs support to build relationships and social skills with others in their community
- The young person needs support to prepare for adulthood

Service Examples:

- Information, advice, guidance
- Community Resources
- Schools
- GPs, Health Visitors, school nurses
- Youth Centres/Clubs



Inclusive Libraries

An inclusive library is one which is accessible and in which everyone feels welcome. We have a selection of resources to support our customers with disabilities and their families.

Inclusive library stock

These books have been collected as a resource for families with children disabilities. The list includes picture books and information books. All books are located at Southwater Library and can be requested to your local library.

[Click here to download the Inclusive Library children's books list.](#)

Book start SEND

Book start is a national programme that encourages parents and carers to enjoy books with their children from as early an age as possible. There are a variety of special educational needs and disability (SEND) packs available for children, including books for blind and partially sighted children, deaf children and children with conditions affecting their fine motor skills.

[Click here to visit the Bookstart website for more information about the Booktouch, Bookshine and Bookstart Star packs.](#)

If you have any queries, you can email libraryenquiries@telford.gov.uk

Inclusive Leisure

Telford and Wrekin's Leisure Services offer a wide range of activities across the Borough that are inclusive to all children and families. There are SEND specific sessions, as well as inclusive to all sessions. Activities on offer include:

Golf There is an accessible driving range and putting green at Lawley and Horsehay Village Golf Club and Fitness Centre.

Gym At all Aspiration gyms, there is adaptable resistance equipment, wheelchair accessible machines and rig and free weight area.
Stirchley Adapted Gym Stirchley Gym is fully adapted.

Ice Skating All public skating sessions are inclusive to all, and there are SEND sessions held on a weekly basis.

Skiing SEND skiing and tubing sessions are held on a weekly basis. You can contact yps@telford.gov.uk to find out more.

Soft Play Telford Ice Rink hold Soft Play for both juniors and seniors on a weekly basis.

Swimming Leisure Centres hold a range of SEND swimming, family swimming and junior SEND swimming sessions throughout the week.

If you would like to find out more about the facilities within the Leisure sites, or the timetable of SEND sessions, visit www.telfordandwrekinleisure.co.uk

You can also watch videos of two of our residents accessing Leisure Services, and how the activities have 'saved their lives' on the webpage linked above.



Adapted Bikes

Telford & Wrekin Bike Hub have recently launched 13 new adaptive cycles which are available to hire from Telford Bike Hub in Telford Town Park.

The cycles have been added to existing fleet for hire at Telford Bike Hub with the aim of making cycling more accessible.

The new wide range of cycles suit children with a variety of learning and physical disabilities, as well as health issues.

There are a variety of cycles on offer including trikes, side by side, a wheelchair loader among others. The cycles have varying levels of assistance ranging from hand cycles to carer controlled functions.

For more information, click to visit the [Tickets Telford website](#) or email thebikehub@telford.gov.uk



Community Based Activities Directory

Finding something they love to do after school or in the holidays can help children and young people with disabilities to see that we're all good at different things. Clubs and activities mean children and young people can meet peers with similar interests and make some friends. Becoming part of a group or a member of a team can do wonders for their confidence and social skills.

We are lucky enough to have a wide variety of SEND specific activities within the community of Telford and Wrekin, including gymnastics, power chair football, cricket, tag rugby, boxing, dance, arts and crafts, and much more.

[Click here to take a look at the Local Offer](#) to find services, opportunities and activities that are local to Telford and are designed to meet the needs of children and young people with special educational needs and disabilities.

Alternatively, you can email shortbreaks@telford.gov.uk to request a copy of the SEND Activities booklet.

Targeted Support

Targeted Level Support is for children and young people where disability has a moderate impact on day-to-day life, such as:



Needs:

- The child or young person and their family is isolated
- Caring for the child or young person has a moderate impact on the health (including mental health) of their parent/carer and/or the family unit
- The child or young person needs a moderate level of supervision and care to ensure their safety and wellbeing
- The young person needs additional support to prepare for independence in adulthood.

Service Examples:

- Telford Childrens Autism Hub
- SEND Local Offer
- Occupational Therapy
- Early Help Offer
- Aids and Adaptation
- PODS parent carer forum
- Independent Living Centre
- SEND Information, Advice and Support Services (SENDIAS)



Parents Opening Doors (PODS) Parent Carer Forum

PODS is a parent carer/peer led charity with staff and volunteers who have the relevant 'real life' experience to support families who have a child with a disability or additional need (0–25 years). PODS provide support in a number of ways, including:

- Hold family groups and activities across Telford and Wrekin
- Provide emotional and practical support to families
- Work in partnership with Telford and Wrekin Council, Health, Social Care, Education, Voluntary and Community Services.
- Hold social and fundraising events for PODS families
- Provide relevant information via information events, family groups, e-bulletins, website and other social media, such as Facebook and Twitter

You can find out more about PODS and how to become a member by visiting www.podstelford.org

SEND Information, Advice and Support Services

- Listen to your concerns and provide information and advice
- Work with you to explore your options
- Help you prepare for meetings
- Help to explain reports written by professionals
- Give you information in relation to SEND law to enable you to participate and make informed decisions regarding your child's education
- Signpost you to other sources of information and support
- Work in partnership with schools and the local authority to develop positive relationships and outcomes



Find out more by visiting www.telfordsendiass.org.uk or calling 01952 457176.

Telford Children's Autism Hub

Whether your child has received a diagnosis or they are on the pathway to an Autism assessment and you are looking for information to help your child flourish, the team are there to offer you guidance and support. The Children's Autism Hub is open to all children and their families, who have a diagnosis of Autism, or are waiting for diagnosis, and are a resident of Telford and Wrekin.



As well as providing advice and support, the Children's Autism Hub hold activities and support groups for children and parents. Find out more by visiting www.telfordautismhub.org.uk or calling 01952 916109.

Independent Living Centre

The ILC was commissioned to offer support to individuals to enable them and their families to live well and safe in their community. You can go along to receive help to and assess your needs to enable informed decisions and enhanced life choices. A purpose built environment provides a 'show home' with built in features to both physically and digitally promote independent living and use of modern technology and Assistive Equipment solutions.

Find out more or view a virtual tour of the ILC by visiting www.telfordandwrekin cvs.org.uk/independent-living-centre or calling 01952 916109.

Early Help

Early Help is about identifying needs within families early, and proactively offering preventative support before the problems become more complex. Those coming into contact with families e.g. teachers, the Healthy Child Programme (health visitors and school nurses), childcare practitioners, the police, volunteers etc. all have a responsibility towards identifying emerging needs as early as possible.

Support can be offered early in life or early after the emergence of a particular need which can arise at any point throughout childhood and adolescence. Early Help support is available for families and with children and young people aged 0-18 and up to 25 if they have a special educational need or disability.

You can find out more about the service or details of the weekly drop-ins at: www.telfordfamilyhub.co.uk

A poster for 'Southwater Drop In'. At the top, there are logos for Telford & Wrekin Cooperative Council and Telford and Wrekin Family Hubs. The main title 'SOUTHWATER DROP IN' is in large, bold, blue and pink letters. Below the title is a colorful illustration of a town with a hot air balloon, a bridge, and people. The text on the poster includes: 'Every Wednesday 9.30am-12:30pm Southwater Library - children's section'. A list of services includes: 'Advice and signposting', 'Information on parenting/courses', 'Support and guidance around accessing local community activities', and 'Family hubs information'. At the bottom, it says 'Provided by Strengthening Families and Dandelion Peer Parent support' next to a small logo. On the right side of the poster, there is a photograph of a smiling woman and two children.

iCan2 provides targeted and preventative level support for children and young people with a diagnosed disability that has a moderate or severe impact on day-to-day life. iCan2 activities are commissioned by the local authority for children with moderate, severe, and profound disabilities who are unable to access universal/universal plus services.

In order to be eligible to access iCan2, children and young people must:

- Meet the criteria of the 'Targeted and Preventative Level Support' due to a diagnosed disability
- Be aged 17 or under
- Be a resident within Telford and Wrekin

How to apply

If you or your child would like to apply to be an iCan2 member and access these fantastic opportunities, you can download an application form on www.telfordsend.org or email shortbreaks@telford.gov.uk. If you are eligible, we will send you an information pack and a membership card in the post.



Youth Clubs – opportunities for children and young people aged 11-17 to socialise in a safe environment with support and supervision. 4All Foundation run two youth clubs each week, Monday 4.30-6pm at Hub on the Hill, Sutton Hill and Friday 4.30-6.30pm at Arleston Community Centre.

Creative Arts – sessions centred around music, dance and drama, with an arts and crafts table available for those who want to be creative. 4All Foundation run three sessions each week, Monday, Wednesday and Friday 4.30-6.30pm at Admaston House.

'The creative arts session offers a range of activities in a relaxed and engaging environment. My daughter loved colouring and decorating t-shirts, bookmarks and keychains. The multi sensory display and activities help her stay calm and comfortable during the sessions. She has enjoyed interacting with the sensory toys, listening to her favourite songs and the relaxing sensory colourful lights. The creative arts session is perfectly designed to engage children with disabilities and we really appreciate the offer.'

Sports and Leisure – a varied sports session, supported by qualified sports coaches and care assistants to allow children and young people to have fun and be active. Genius Tuition run the session every Saturday morning 10-1pm at Southall School.

‘Geniuses person centred approach means they are working with me to build further independence and social skills within the session. My son enjoys the sessions and is excited to go. He already accesses staff who were unfamiliar to him when he started and socialises with other children, as well as undertaking new activities, such as the adapted bikes, passing a ping pong ball and practicing catching. Everything is done at his pace and I really feel like all the staff are as chuffed as me for every achievement with my son.’

4 All FOUNDATION Telford & Wrekin Co-operative Council **ican2**

ICAN2 SHORT BREAKS
CREATIVE ARTS SESSIONS

- Dance Sessions**
Every Monday
4:30pm until 6:30pm
£2 per session
- Music Sessions**
Every Wednesday
4:30pm until 6:00pm
£2 per session
- Drama Sessions**
Every Friday
4:30pm until 6:30pm
£2 per session

ADMASTON HOUSE COMMUNITY CENTRE, TELFORD TF5 0BN

Arts & Crafts Fun Games Instruments

Phone: 0800 321 3617 | Email: info@4all.foundation | Website: www.4all.foundation

Genius FOR ICAN2 MEMBERS £5 PER SESSION

SATURDAY SPORTS & LEISURE CLUB

A WEEKLY SPORTS & LEISURE PROGRAMME FOR CHILDREN WITH DISABILITIES

WHERE: SOUTHALL SCHOOL, TELFORD, TF43PX
WHEN: 10AM TO 1PM DATES: COMING SOON
AGES: 5 TO 17 YEAR OLDS

REGISTER NOW
VISIT: WWW.GENIUSTUITION.CO.UK/ican2
EMAIL: SUPPORT@GENIUSTUITION.CO.UK

Department for Education | Telford & Wrekin Council | www.geniustuition.co.uk | 03303 120 860

4 All FOUNDATION Telford & Wrekin Co-operative Council **ican2**

ICAN2 SHORT BREAKS
YOUTH CLUBS

- Monday Youth Club**
Every Monday
4:30pm until 6:30pm
Hub on the Hill (Sutton Hill)
- Friday Youth Club**
Every Friday
4:30pm until 6:30pm
Arleston Community Centre

FREE OF CHARGE!

XBOX Corner Arts & Crafts Fun Games Darts Pool

Phone: 0800 321 3617 | Email: info@4all.foundation | Website: www.4all.foundation

Activity Passes – our activity passes currently cover entry to Tenpin Bowling, Shugborough Estate, Attingham Park, Hoo Zoo and Dinosaur World, Challenging Perceptions Sensory Room and all Ironbridge Museums.

They can be used by iCan2 members and their parent carers or PA. You can book a pass by sending the child’s name, the pass you would like to book and the date and time of the booking to shortbreaks@telford.gov.uk



‘We have recently accessed the iCan2 passes for Ironbridge Museums and Hoo Zoo. It is so easy and simple to get the passes. It’s amazing that these passes are available to families. The quick turn around on the passes is good, we had sent an email on a weekend and had a response on Monday morning at 9am saying that the passes were available. Without these passes, as a family, we would be lost as we wouldn’t be able to afford the price of individual tickets.’

Specialist Support

The Children with Disabilities Service provides specialist level support for children and young people with severe, profound and complex diagnosed disabilities up to the age of 18 years. The service includes a range of professionals, they are:

- Social Workers
- Social Work Assistants
- Short-Break Co-ordinator
- Direct Payment Officer
- Occupational Therapy Team

The Children with Disabilities Team work with children and young people where their assessed diagnosed disability related needs are severe, profound and complex and significantly impact on their ability to have opportunities to be safe, develop skills for life and be part of their local community growing up. The specialist support and services, are provided for children and young people whose assessed diagnosed disability related needs cannot be met through universal, targeted or preventative services.

The Occupational Therapy Team provide support with specialist equipment, aids and adaptations to support/improve everyday tasks.

The social workers within the team adhere to the same statutory requirements as other local authority social work teams, as well as further specific criteria for the Children with Disabilities Team. Appropriate referrals to the team include:

- Children with Cerebral Palsy, Muscular Dystrophy and other complex, physical disabilities that significantly impact on the child's wellbeing;
- Children and young people diagnosed with severe learning disabilities;
- Children and young people with a diagnosis of Autism with associated learning disability which has a significant impact on their communication needs, social and behavioural development;
- Children and young people with severe, profound or multiple disabilities;
- Children and young people with severe global development delay;
- Children and young people with severe sensory impairment;

The Children with Disabilities Team do not support children whose primary needs centre around emotional/behavioural development and/ or mental health, for example, some children with Asperger's syndrome, Autism, ADHD, or attachment disorder.

A Child and Family Assessment will be completed by a social worker to determine unmet needs, the impact of the disability on the child and their family and caring responsibilities of parent/ carers. The Assessment will holistically review the needs of the child and family while incorporating individual diagnosed disability related needs.

Eligible families may be allocated a social work assistant to work alongside the social worker and family to develop a needs led, outcome based plan of support. The plan can be a combination of support provided in addition to support provided by social care.

Children and young people under Specialist Services are categorised as a Child in Need, Section 17, Children Act 1989 and will be reviewed through a Child in Need Plan to ensure clear identified outcomes are achieved. The Plan will include Specific, Measurable, Achievable, Relevant and Time-Bound needs led outcomes. The plan is reviewed through a multi-agency Child in Need meeting to ensure identified needs are being met and outcomes are being progressed in a timely way. The frequency of meetings and visits will be determined by the level of need, which is reviewed jointly by the allocated worker and Team Manager.

You can view a list of our [approved care providers here](#).

Planning and Reviewing Short Breaks

Commissioners work alongside professionals and parents to review and develop short breaks services. This ensures lived experience and best practice approaches is central to commissioning work. The parent carer forum 'Parents Opening Doors' (PODS) is a key strategic partner in this work bringing a wealth of feedback from families to the table. In Telford and Wrekin, we work together with children, young people and their families to achieve the best possible outcomes in all areas of their life, believing that with the 'right support at the right time' this is possible. Working together, children and young people with disabilities can and will achieve their full potential.

Local Authority representatives meet regularly with parent carers to exchange information, gain feedback, make decisions and plan ahead. This is an important forum and we are grateful to the parent carers for the investment of their time and the insights and ideas they bring. If you would like details of future forums, please email shortbreaks@telford.gov.uk

Commissioners gain feedback from families in many ways:

- The Short Breaks forum
- The feedback that providers collate from families
- Using complaints and compliments
- Using PODS annual surveys and targeted discussions they may have
- Formal consultations

This Short Breaks statement will be reviewed annually in consultation with local families, providers and professionals.

All updates are communicated with families via the Short Breaks webpages, and monthly newsletter.

Short Breaks Newsletter

News, Updates and Activities for Children with Disabilities and their Families in Telford



SIGN UP—iCan2 Scheme

iCan2 is the membership scheme managed by the Children with Disabilities Team to offer fun and engaging activities to children and young people 0-17 with disabilities. iCan2 includes providers that deliver creative arts, sports and leisure, as well as passes for local attractions.

In order to access all of the wonderful activities and local attraction passes, membership is required. If you would like to become a member and access these exciting opportunities, you can download the membership form and find more details, including eligibility criteria [here](#).

BOOK NOW—iCan2 Creative Arts

iCan2 members can now book a place on the brand new Creative Arts Club! These exciting activities are divided into dance, drama, and music workshops with an arts and crafts table. The sessions are centred around child led play and they can play instruments, design and colour costumes and masks, enjoy the music and have a boogie.

The sessions are now being held on a Monday, Wednesday and Friday evening, 4.30-6.30pm at Admaston House. We have received positive feedback from parents who have already attended the sessions, some saying that their children do not want to go home, and we are excited to hear how the sessions progress. Parents do not need to stay at the sessions, but are welcome to if they would prefer. If you would like to book a place or ask any questions, please email info@tailfoundation.

BOOK NOW—Sports and Leisure

iCan2 members can now book a place on the brand new Sports and Leisure Club, starting in January 2025! A new provider has been commissioned to provide the club—Genius Tuiton. They are an experienced provider, already working with our Southall and Queensway schools to provide holiday clubs.

Southall school will be the new venue for the club. The programme is promising to be varied, supported by qualified sports coaches and care assistants, offering indoor and outdoor sports, games, quiet arts table, as well as a child led play approach.

We have increased this to be one 3 hour session each Saturday morning - children are able to leave the club early on arrangement. There are up to 30 places per session available. As this club is subsidised by the Local Authority, the cost to you for a 3 hour session is £5 per child. Parents do not need to stay at the sessions, but are welcome to if they would prefer.

If you would like to book a place or ask any questions, please email support@geniustuition.co.uk



- Homepage
- Glossary of Terms
- You Said, We Did
- SEND Parent Carer FAQs
- Consultation and Engagement
- Fair Share Fund
- Feedback and Queries
- Local Offer Annual Report
- Ofsted & CQC Area SEND Inspection
- SEND & AP Change Programme

Short Breaks

What are Short Breaks?

Short Breaks are solely available for children and young people with a disability and span a range of activities, care and support options that a child/ young person with disabilities may need.

A Short Break can last from a few hours to a few days, an evening, overnight, a weekend, and school holiday daytime activities, depending on assessed need.

Short Breaks provide an opportunity for children and young people with disabilities to spend time away from their carers, try out new things, have fun and make new friends. Short Breaks can also provide families with a chance to do things together.

Short Break services use the wide definition of disability as found in the Equality Act 2010.

Telford & Wrekin Council uses the legal definition of disability:

A physical and/or mental impairment that has a long term and adverse effect resulting in significant impact on daily living/development of the child/young adult

Telford & Wrekin Council consulted on a new Short Breaks Statement which provides a much needed update, with clear eligibility criteria and how we aim to commission short breaks activities.

Get in touch with us

We hope you find this statement and the information it contains useful to you. If you have any queries about Short Breaks and/or the content of the statement, please email us at shortbreaks@telford.gov.uk



Telford and Wrekin Short Breaks



All photos used in this document are of local children accessing our services and consent has been provided.

A-Z of Useful Services for Children and Families in Telford



Children with Disabilities Team

This A-Z has been created by the Children with Disabilities Team at Telford & Wrekin Council. It is aimed at children with disabilities and their parents, carers and families. The booklet contains details of many services within Telford and surrounding areas, including:

- Charities
- Financial Support
- Advice and Information
- Days Out
- Community Based Activities
- Parent Carer Forums
- And many more...

If you are interested in the activities that are available for children and young people within the community, such as wheelchair sports and inclusive dance classes, please email shortbreaks@telford.gov.uk to request a copy of our SEND Activities and Events booklet or visit

www.telfordsend.org.uk/homepage/16/activities_and_events

If you know of any services that haven't been included in this booklet that may be useful to be included for other children and their families, please email shortbreaks@telford.gov.uk



Autism Aware UK

Autism Aware UK operates to increase awareness of autistic spectrum disorder (ASD) and to support families through online support. It also purchases specialist equipment for schools and groups to help educate and support people with Autism. The charity has previously funded purpose built playgrounds for a school. You can apply online at: www.disability-grants.org/grants-for-autism.html

Bee U

Bee U is the emotional health and wellbeing service for people, up to the age of 25, living in Shropshire and Telford & Wrekin. They are designed to help young people cope, get help and manage in times of crisis. You can find out more online at: www.camhs.mpft.nhs.uk/beeu

Blue Badge

The blue badge scheme allows people with mobility problems to access goods and services easier by parking in a closer, wider bay. You can check your eligibility and apply online at: www.gov.uk/government/publications/blue-badge-can-i-get-one or contact Telford & Wrekin Council on **01952 383838**.

Bus Pass

The Telford and Wrekin Concessionary Travel Scheme offers a number of opportunities to people with disabilities who qualify under their criteria. The scheme includes the new Concessionary Travel Pass, which allows free travel on local bus services between 9.30am and 11pm on Mondays to Fridays, and at any time on weekends. You can check eligibility and apply online at: www.telford.gov.uk/info/20174/public_transport/499/concessionary_travel or contact Telford & Wrekin Council on **01952 383867**.

Child Development Centre

The Child Development Centre in Telford (Stepping Stones) provides assessment of children with additional needs who are under five years old. Children attend the child development centre for assessment, diagnosis, intervention and advice. You can find out more online at www.shropscommunityhealth.nhs.uk/child-development

Cinema Exhibitors Association Card

This is a national card that can be used to verify that the holder has a disability and is entitled to one free ticket for a person accompanying them to the cinema. You can find out more online at: www.ceacard.co.uk

The Circle

The hydrotherapy pool is the perfect way for babies to be introduced into the water as well as being ideal for physiotherapy or rehabilitation. With a warmer temperature, lights and music the environment is relaxing and inviting. You can find out how to book online at www.thecircleathlc.co.uk/hydrotherapy-pool or by calling **01952 388470**.



Citizens Advice

Citizens Advice provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities. You can find out more online at: www.citizensadvice.org.uk or by calling **08444 111444**.

Contact a Family

Contact a Family is committed to ending the poverty, difficulty and isolation experienced by families with children with a disability across the UK. They support families whatever their child's disability or health condition with a wide range of help and services. You can find out more online at: www.cafamily.org.uk.

Cost of Living Hub

You can find advice and support during the cost of living crisis online at: www.telford.gov.uk/costofliving.

Council Tax

If someone within your household has a disability, you may qualify for a council tax band reduction. You can check eligibility and register online at: www.telford.gov.uk/info/1007/council_tax or by calling Telford & Wrekin Council on **01952 383977**.

Direct Payments

You may be eligible for direct payments which you can choose to spend on short breaks support at home and in the community. An assessment will need to be completed to determine eligibility and support needs to meet your outcomes. You can find out more online at: www.telfordsend.org.uk/info/1/home/26/direct_payments

Disabled Identification Card

It is a single recognised national identification card for all people with disabilities. It aims to remove the need for individuals to carry their paper documentation with them. You can find out more online at: www.did-card.co.uk

Down Syndrome Association

They are the only organisation in the country that focus solely on all aspects of living successfully with Down's syndrome. You can find out more online at: www.downs-syndrome.org.uk

Family Connect

Family Connect is a free, confidential service providing, impartial advice, information, guidance and support on a full range of children's services available across the borough including childcare, activities, school admissions and finance. You can find out more online at: www.familyconnecttelford.co.uk or by calling **01952 38585**.

Fledglings

They know that caring for a disabled child can be very challenging. They can help. The products they source and supply help make life a bit easier for a parent, and more fulfilling for their child. They specialise in finding those unusual items, including many specially designed for children with specific needs. You can find out more online at www.fledglings.org.uk

IASS (SENDIASS)

Telford and Wrekin Information, Advice and Support Service provides free, confidential and impartial information, advice and support around SEND, including health and social care. Support is offered from initial concerns about a possible SEN and disability, through to complex information and advice. You can find out more online at: www.cyp.iassnetwork.org.uk/service/telford-and-wrekin-iass or by calling **01952 457176**.

Independent Living Centre

The ILC provides the opportunity to access advice and equipment to become independent at home and in the community. A purpose built environment has enabled the centre to provide a 'show home' with built in features to promote independent living and to reduce costs of care and support needs using modern technology and Assistive Equipment solutions. You can find out more online at: www.livewell.telford.gov.uk/Services/3117 or by calling **01952 457181**



Local Offer

The Local Offer is a statutory requirement to improve choice for families by providing transparent information in a single place about services available for children and young people who have special educational needs and/or disabilities. You can find out more online at: www.telfordsend.org.uk

Max Card

The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission. The scheme is designed to help families save money on great days out at castles, zoos, bowling alleys, trampoline parks and many more. You can apply and find out more online at: www.mymaxcard.co.uk

Makerspace

They are a diverse, friendly and inclusive group of community-focused tinkerers, makers and hackers. The aim is to help people learn new skills, design, build and mend gadgets and most of all have FUN, using arts and crafts, electronics, programming, 3D printing, laser cutting and even more traditional manual tools and powered machinery. You can find out more online at: www.telfordmakerspace.org.uk

Merlin's Magic Wand

Merlin's Magic Wand believe in putting magic into the childhoods of children with disabilities. They make this happen by arranging great days out at Merlin Entertainments Group attractions. You can find out more online at: www.merlinsmagicwand.org

New Life

Disabled children have been at the heart of the charity since 1991. Since that time they have become the specialists for children with disabilities. Their needs and the

needs of their families and carers, their health and their voices are all central to the work of the charity. You can find out more online at www.newlifecharity.co.uk



Parents Opening Doors (PODS) Parent Carer Forum/PODS Charity

PODS is a parent carer led charity with volunteers who have 'real life' experience to support families who have a child with a disability. Parent participation is at the heart of the forum, as parent carers can pinpoint problems frequently experienced by families with disabled children. This knowledge is useful to professionals in helping to improve how children's services are delivered so they better meet families' needs. PODS continues

to ensure communication links exist between these families and the strategic decision makers. You can find out more online at: www.podstelford.org

PoHWER Advocacy Provision

PoHWER Advocates empower people to have a voice and make a real difference to their lives by speaking for them when they can't and supporting them to speak for themselves when they can. You can find out more online at www.pohwer.net or by calling **0300 456 2370**.

Promocon

PromoCon provides a national service, working to improve the life for all people with bladder or bowel problems by offering product information, advice and practical solutions to both professionals and the general public. You can find out more online at: www.bbuk.org.uk

Radar Key

Radar keys can be used at any accessible toilet in the UK where a radar lock is fitted. You can order these online on Amazon or find out more by calling **01952 238005** or emailing enquiry@disabilityrightsuk.org

Railcard

If you have a disability, you may be eligible for up to one third off train travel with a Disabled Person's Railcard. You can check eligibility and apply online at: www.disabledpersons-railcard.co.uk or by calling **03456 050525**



Remap

Remap is a very special charity, working through a nationwide network of dedicated volunteers. They use their ingenuity and skills to help people with disabilities to achieve much-desired independence in some aspect of their lives, or to enjoy leisure opportunities previously closed to them. Remap's unique pieces of special equipment are tailor-made and given free to the people who need them. You can find out more online at: www.remap.org.uk

Resources for Carers

There is information for carers on socialising, looking after yourself, planning for a crisis, short breaks, support groups and training on the Telford & Wrekin Council website. You can find out more online at: www.livewell.telford.gov.uk/Categories/1476

Safe Place Shropshire

A Safe Place offers help if you are anxious, scared or at risk whilst out and about. They have a 'safe place' sticker in their window. You can find out more online at www.telford.gov.uk/safeplace



Severn Trent Water—Priority Register

There is a priority register that you can join if you have a disability or require extra water for one of several reasons. If there are water shortages, Severn Trent will ensure that you have enough water, as a priority. You can check eligibility and register to join online at: www.stwater.co.uk/get-in-touch/join-our-priority-services-register or by calling Severn Trent on **03457 500500**.

Severn Trent Water—The Big Difference Scheme

The scheme can offer up to 90% reduction on annual bills for households with a low

income. Eligibility will be checked when an application is submitted online at: www.bigdiff.co.uk/login.php or by calling Severn Trent on **03457 500500**.

Shropshire Cerebral Palsy Society

The society provides grants for any individual with cerebral palsy that lives in Shropshire. There is no set limit on a grant as all requests will be considered on its own merits. Any request not covered by statutory funding will be considered. You can find out more online at: www.disability-grants.org/grants-uk-west-midlands.html

Shining Stars Group

A group with a range of play activities for children under five years of age who have an additional need. They are for families prior, during or after diagnosis. You can find out more by emailing shiningstars2017@hotmail.com.

Special Needs Activity Centre

SNAC is a venue that holds regular fun, themed activities for children and young people to come together and play, learn and achieve their full potential whilst parents and carers have a place to relax and socialise while knowing that the people are in a safe environment. You can find out more by searching SNAC Telford on Facebook.

Telford Autism Hub

The Children's Autism Hub is available to children and young people and their families, who have a formal diagnosis of Autism. For individuals that have other needs, for example, a learning disability, the Autism Hub will provide support in respect of their Autism. You can find out more online at: www.telfordautismhub.org.uk/childrens-autism-hub

Telford & Wrekin Council's Swimming Pools

The local swimming pools all offer an allotted time for children with disabilities to use the facilities without the usual crowds and noise. Equipment and details may vary from site to site so please visit the website or contact them before attending. You can find out more online at www.telfordandwrekinleisure.co.uk

Telford Carers

They offer services to family and friend carers of all ages from 5 years upwards. If you look after someone who couldn't manage without you and they live in Telford and Wrekin then Telford Carers are here for you. They deliver a range of high quality

support for carers including information and advice, wellbeing support groups, social respite activities and access to grants and funding. You can find out more online at: www.telfordcarers.org.uk or by calling **01952 240209**.

Warm Homes

You could get £150 off your electricity bill for winter 2022 to 2023 under the Warm Home Discount Scheme. The money is not paid to you - it's a one-off discount on your electricity bill. You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity and you're eligible. Contact your supplier to find out.

3H Holidays

3H is a charity which was founded over 35 years ago to enable those less fortunate to have a memorable and fulfilling holiday. With the valued help of grant-giving trusts, businesses and individuals, they are able to subsidise a range of holidays to enable over 600 people each year to get away. You can find out more online at: www.3hfund.org.uk



SEND Activities and Events in Telford and Shropshire



It is important for all children and young people to socialise and have fun with their peers. The purpose of this booklet is to inform you of some of the activities and events within Telford and Shropshire that will allow children and young people with disabilities to enjoy themselves whilst making friends and developing new skills or hobbies.

If you have details of an activity or event that is not detailed in this booklet or may need updating, please email shortbreaks@telford.gov.uk.

Sports and Leisure

Shropshire Climbing Centre

Suitable For: Learning Disability, Hearing/Visual Impairment

Age: All ages

Location: Springfield Industrial Estate, Newport, Shropshire TF10 7EZ

Find out more: http://newportrock.co.uk/What_we_offer/Under_18_climbing/index.ml

Contact: info@newportrock.com

Telford Powerchair Football Club

Suitable For: Powerchair users

Age: All ages

Location: Lilleshall Hall Sports Centre, near Newport, Shropshire, TF10 9LQ

Find out more: <https://telfordpfc.wixsite.com/telford-pfc>

Contact: Enquiry form found on website homepage

Bright Star Boxing Academy

Suitable For: All abilities

Age: All ages

Address: David Corfield Gymnasium, Cosford Park Long Lane, TF11 8PJ

Find out more: <http://brightstarboxing.com/>

Contact: brightstarboxing@gmail.com

Kombat Kids

Suitable For: Learning Disability

Age: 4+

Address: Lightmoor Village Primary School, Lightmoor Way, Lightmoor Village, Telford TF4 3EG

Find out more: www.kombatkids.com

Contact: enquires@kombatkids.com

Telford Chin Woo

Suitable For: All abilities

Age: All ages

Location: Various locations in Telford

Find out more: <https://www.telfordchinwoo.co.uk/contact-us>

Contact: tcwlisasmith@gmail.com

Autonomy Football Club

Suitable For: Learning Disabilities

Age: 16+

Location: Lythwood Sports Complex, Bayston Hill, Shrewsbury, SY3 0AE

Find out more:

Contact: autonomyfootball@gmail.com

PL Kicks 16+ PAN Football

Suitable For: All abilities

Age: 16+

Location: Shrewsbury Town FC

Find out more: <https://www.shrewsburytowninthecommunity.com/pan-football/>

Contact: admin@shrewsburytowninthecommunity.com

Ability Football Team (Telford College)

Suitable For: All abilities

Age: 16+

Location: Telford College 3G Pitch

Find out more: site: <https://www.telfordunited.com/community/disability-football/>

Contact: foundation@afctu.co.uk

Park Wrekin Gymnastics Club

Suitable For: All abilities

Age: 2+

Location: Park Gymnastic Centre, Severn Dr, Wellington, Telford TF1 3LE

Find out more: <http://parkwrekingymnastics.com/>

Contact: contactus@parkwrekin-gymclub.com

Airea 51

Suitable For: All abilities

Age: All ages

Location: Unit C, Stafford Park 12, Telford TF3 3BJ

Find out more: <https://airea51.co.uk/>

Contact: enquiries@airea51.co.uk or 01952 947220

Learn to Ride (Telford Bike Hub)

Suitable For: All abilities

Age: All ages

Location: Telford Bike Hub, Telford Town Park, next to Visitor Centre

Find out more: www.telford.gov.uk/info/20257/cycling/1090/cycling_activities

Contact: roadsafety@telford.gov.uk

Shropshire Rugby Rebels

Suitable For: All abilities

Age: All ages

Location: Telford College of Arts and Technology, Haybridge Road, Wellington, TF1 2NP

Find out more: www.facebook.com/Shropshire-Rugby-Rebels-Disability-Tag-Rugby-Group268990554256/

Contact: val.edgley@virginmedia.com

Allscott Heath Archers

Suitable For: All abilities

Age: All ages

Location: Allscott Sports & Social Club, Shawbirch Road, Allscott, Telford, TF6 5EQ

Find out more: <https://www.allscottheatharchers.co.uk/about-us>

Contact: info@allscottheatharchers.co.uk

Cavalier Centre (horse riding)

Suitable For: All abilities

Age: 4-18

Location: Cavalier Centre, Bradley Farm, Much Wenlock, TF13 6PE

Find out more: cavaliercentre.org

Contact: 01952443752

Telford Sailability Club

Suitable For: All abilities

Age: All ages

Location: Priorslee Lake, Off Teece Drive, Priorslee, TF2 9SQ

Find out more: <https://www.facebook.com/localsailing/>

Contact: telford.sailability@gmx.com or 07966 452238

Cricket Federation for People with Disabilities

Suitable For: All abilities

Age: All ages

Location: Telford College of Arts and Technology, Haybridge Road, Wellington, TF1 2NP

Find out more: https://cfpd.org.uk/the_charity/

Contact: enquiry@cfpd.org.uk or 07834 634852

Disability Adventure Weekends – Pioneer Centre

Suitable For: All abilities

Age: All ages

Location: Cleobury Mortimer, Kidderminster, DY14 8JG

Find out more: activity-centres.naycacuk.co.uk

Contact: 01299271217

Ice Skating – Telford Ice Rink

Suitable For: All abilities

Age: All ages

Location: International way, Telford, TF3 4JQ

Find out more: www.telfordicerink.co.uk

Contact: 01952382650

Soft Play

Jungleland

Suitable for: All abilities

Age: All ages

Location: Interchange House, Trench Lock, Telford, TF1 6SZ

Find out more: www.junglelandtelford.com

Contact: info@junglelandtelford.com or 01952252222

Little Rascals

Suitable for: All abilities

Age: All ages

Location: 292, Maverick Business Park, Unit 2, Monkmoor Road, Shrewsbury, SY2 5TF

Find out more: <https://www.uklittlerascals.com>

Contact: info@uklittlerascals.com or 0174324025

Pirates and Princesses

Suitable for: All abilities

Age: Under 12

Location: Unit 17, Cedar Court, Halesfield 17, Telford, TF7 4PF

Find out more: <https://en-gb.facebook.com/piratesandprincess/>

Contact: 01952582832

Challenging Perceptions Sensory Room

Suitable for: All abilities

Age: Under 11

Location: Park Lane Centre, Park Lane, Woodside TF7 5QZ

Find out more: www.cptelford.co.uk

Contact: 01952897333

Telford Ice Rink Soft Play

Suitable for: All abilities

Age: All ages

Location: International way, Telford, TF3 4JQ

Find out more: www.telfordicerink.co.uk

Contact: 01952382650

Sensory Room Activities

Suitable for: All abilities

Ages: All ages

Location: Chase Leisure Centre, Rugeley, WS11 4AL

Find out more: <http://www.inspiringhealthylifestyles.org/cannock>

Contact: 01543501520 or deborah.pearce@wlct.org

Swimming

SEND Swimming Sessions

Suitable for: All abilities

Age: All ages

Location: Wellington Leisure Centre, Abraham Darby Leisure Centre, Oakengates Leisure Centre

Find out more: www.telfordandwrekinleisure.co.uk

Contact: 01952382810

Hydrotherapy – The Circle at HLC

Suitable for: All abilities

Age: All ages

Location: The Circle, Crescent Road, Hadley, Telford, TF1 5NU

Find out more: www.thecircleathlc.co.uk

Contact: 01952388470

Hydrotherapy – Princess Royal Hospital

Suitable for: All abilities

Age: All ages

Location: Princess Royal Hospital, Apley Castle, Telford, TF1 6TF

Find out more: sath.nhs.uk

Contact: 01952641222

Hydrotherapy – Derwen College

Suitable for: All abilities

Age: All ages

Location: Whittington Road, Gobowen, SY11 3JA

Find out more: <https://www.derwen.ac.uk/parents-professionals/therapy-support/hydrotherapy-pool/>

Contact: 01691661234

Arts and Crafts

Arty Party

Suitable for: All abilities

Age: 18+

Location: Good Hands Café, 88 Frankwell, Shrewsbury, SY3 8JR

Find out more: www.artypartytelford.org

Contact: 01743537098

Rachel's Arts and Crafts

Suitable for: All abilities

Age: All ages

Location: Hoo Farm, Hadley, Telford, TF6 6DJ

Find out more: hoo-zoo.com

Contact: 01952677917

Arts4Tots

Suitable for: All abilities

Age: 20 months – 4 years

Location: Wellington Methodist Church, New Street, Wellington, Telford, TF1 1LU

Find out more: <https://www.familiesonline.co.uk/local/shropshire/listing/art4tots-342005>

Contact: 07741066858

Clubs and Hobbies

Shining Stars Group

Suitable for: All abilities

Age: 0-5 years

Location: The Linden Centre, Oak Rd, Overdale, TF3 5BT

Find out more: telfordsend.org.uk/site/scripts/documents_info.php?categoryID=2&documentID=49

Contact: shiningstars2017@hotmail.com

SNAC – Special Needs Activity Centre

Suitable for: All abilities

Age: All ages

Location: Pavilion, Downmead, Hollinswood, Telford, TF3 2EW

Find out more: <https://en-gb.facebook.com/groups/444985642350221/>

Contact: harp@snac.chat or 07813788094

Funky Friday Inclusive Disco

Suitable for: All abilities

Age: 15+

Location: Admaston House, Admaston, Telford, TF5 0BN

Find out more: <https://en-gb.facebook.com/FunkyFridayInclusiveDisco/about>

Contact: 07481568524

Performing Arts and Dance

Shropshire Inclusive Dance

Suitable For: All abilities

Age: 11+

Location: The Hive, 5, Belmont, Shrewsbury SY1 1TE

Find out more: www.sidance.live

Contact: 07855931214

Dancerella

Suitable for: All abilities

Age: 7+

Location: Admaston House, Admaston, Telford, TF5 0BN

Find out more: <https://www.facebook.com/dancerella.uk/>

Contact: 07481568524

Silhouette Dance Club

Suitable for: All abilities

Age: All ages

Location: Randlay Community Centre, Randlay, Telford, TF3 2LH

Find out more: <https://www.silhouettedancegroup.com/>

Contact: 07792300692

Hartbeeps

Suitable for: All abilities

Age: 0-4 years

Location: Various locations within Telford

Find out more: <https://www.hartbeeps.com/>

Contact: hello@hartbeeps.com

Places to Visit

Odeon Cinema - <https://www.odeon.co.uk/cinemas/telford/>

Cineworld Cinema - <https://www.cineworld.co.uk/cinemas/telford/>

Tenpin Bowling - <https://www.tenpin.co.uk/our-locations/telford/>

Telford Town Park - <https://www.telfordtownpark.co.uk/>

Telford Steam Railway - <http://www.telfordsteamrailway.co.uk/>

Blists Hill Victorian Town - <https://www.ironbridge.org.uk/visit/blists-hill-victorian-town/>

RAF Cosford Museum - <https://www.rafmuseum.org.uk/midlands/>

National Trust - <https://www.nationaltrust.org.uk/>

Dudley Zoo - <https://www.dudleyzoo.org.uk/>

Black Country Living Museum - <https://bclm.com/>

Telford Exotic Zoo - <https://exoticzoo.co.uk/>

Arthog Outreach - <https://www.telford.gov.uk/outreach/site/>

Telford Libraries - <https://www.telford.gov.uk/info/1012/libraries>

Calvert Trust - <http://www.calvert-trust.org.uk/>

Chester Zoo - <https://www.chesterzoo.org/>

Hoo Zoo and Dinosaur World - <https://www.hoo-zoo.com/>

Although all the venues can cater for children and young people with disabilities, please contact them directly if you require any further information.



PARENTS OPENING DOORS

PARENT CARER FORUM

GET INVOLVED IN SHAPING LOCAL SERVICES FOR FAMILIES WITH DISABLED/ADDITIONAL NEEDS CHILDREN AND YOUNG PEOPLE

Families share their experiences and voice where it matters most, to shape services and lead to better outcomes and life experiences of their children, young people and wider families.

We work with local services including Health, Education, Social Care and Wider Partners, inc Voluntary Sector.
(Part funded by Department for Education to fulfil our strategic role)

To hear more about PODS Parent Carer Forum,
please contact *Jayne Stevens*, Strategic Co-ordinator
by email: jayne@podstelford.org or telephone: **07775 342 092**

www.podstelford.org

1 Hawksworth Road, Central Park, Telford, TF2 9TU
Company/Charity number: 1150871



Inclusive leisure SEND programme

Telford & Wrekin Council

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Abraham Darby Sports and Leisure Centre						
3.30pm / 5.30pm / 6pm	4pm	3.30pm		3.30pm	11am	10am
SEND Swim4Life Lessons	SEND Swim4Life Lessons	SEND Swim4Life Lessons		SEND Swim4Life Lessons	SEND Swim4Life Lessons	SEND Swim4Life Lessons
					6pm-7pm	12.15-1.15pm
					Ican2 swim session	Family Disability Swim

Oakengates Leisure Centre

6pm-6.30pm

SEND
Swim4Life
Lessons

Telford Ice Rink

5pm-6pm

SEND Skate

Telford Soft Play @ Telford Ice Rink

4pm-5.30pm

Junior SEND
Session

5pm-6.30pm

SEND Session

10am-11.30am

SEND Session

10am-11.30am

SEND Session

6pm-8pm

Senior SEND
Session

Telford Snowboard and Ski Centre

4.30pm-5.30pm

My Options
Ski and Tubing
session

Wellington Civic and Leisure Centre

12noon

SEND
Swim4Life
Lessons

5pm

Wrekin Special
Swimming Club
SEND Session

Are you a child or young person
between 5 and 18 years old who looks
after or helps to look after someone?
Then you may be a YOUNG CARER

telford & wrekin

young carers
service



Call 01952 240209

Who are young carers?

They are children and young people who look after, or help look after, someone at home who has a long-term physical or mental illness or disability, or has problems with alcohol or substance mis-use.

Usually this is mum, dad, brother, sister or grandparent. Young carers help out in different ways:

- cooking/housework
- shopping
- helping someone get washed or dressed or go to toilet
- looking after brothers and sisters
- keeping someone company
- listening to someone or cheering them up

What young carers say

“I didn’t realise I was a young carer. I just tried to help my mum all I could.

I sometimes felt sad, and the Young Carers helped me by being there to listen to my worries - and I have lots of fun as well”.

What worries might a young carer have?

Caring for someone is challenging, but also rewarding.

It can make you laugh and it can make you cry. It can be heaps of fun or really hard work. These are **SOME** of the problems you might have as a young carer:

- organising everything—caring, school, homework
- having time for play, sport or leisure
- loneliness, or not enough contact with other children or young people of the same age
- tiredness or illness from having too much to do
- being bullied at school
- lack of confidence and feeling different from other young people
- growing up, becoming more independent, leaving home



What might help?

If you're a young carer, you need to have time off from caring, time to do the things that other young people may take for granted.

Things like:

- chilling out
- having your own space
- having fun
- talking to someone
- visiting new places
- meeting other young people
- who care for someone



What can the Young Carers Service do?

At Young Carers we will:

- support you
- give you a chance to be yourself
- listen to anything you want to talk about
- give you and your family lots of information and advice
- provide term time Young Carers Youth Club every Wednesday— call to register and book
- provide holiday and half term fun activities

Inbetweeners

For young adult carers between 16 and 24 we run an Inbetweeners group, with activities that are suited to that age group - cinema, bowling, meals, and support surrounding independence, further/higher education and employment.



telford & wrekin

young carers service



The Carers Centre
Telford and Wrekin CVS
12 and 15 Hazledine House
Central Square
Telford
TF3 4JL

How to contact us

We welcome enquiries by 'phone or email from:

- young carers
- parents of young carers
- the person a young carer looks after
- Any professional—teacher, school nurse, doctor, social worker etc
- other voluntary organisations

What will happen next?

We'll have a chat with child, young person or parent and check some details and complete the registration process (children and young people under 18 will require parent permission).

For professional referrals, there is a referral form on the Telford Young Carers website - or call to ask for one to be sent by email.

Please call: 01952 240209

Email: info.youngcarers.org.uk

Website: www.telfordyoungcarers.org.uk



Telford & Wrekin
COUNCIL