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Activities and short breaks for children and young people with disabilities

Introduction:

What is a short break?

Short Breaks and activities are a range of services available to disabled children and their families. They enable parents/carers and siblings to take reliable and regular breaks from their caring duties. This means that they will be able to spend more time with the rest of the family and pursue their own interests.

Disabled children will also be able to learn new skills and develop their independence whilst taking part in fun and exciting activities.
What parents and carers told us:

In 2012, we asked parent and carers what local services they would like to see in Harrow. They told us they wanted to see the following:

- Good quality child care from trusted providers
- More regular short breaks, including overnight stays
- A range of activities that enables their child to experience new activities and develop new skills, such as swimming lessons, horse-riding lessons, etc
- A local toy library where they could hire or use the specialist equipment
- A specialist centre where children can have fun and parents can hang out
- Complimentary therapy
- Support for parents
- More stimulating outdoor activities
- Transport to enable their child to access activities in the community
- More activities for siblings
How we responded

Disabled children and their families will be able to choose from a list of 11 approved providers offering over 30 services in the following areas:

- Specialist group-based play and leisure activities
- Day and overnight childcare
- Community outreach

This service directory is a result of an extensive tendering and evaluation process which took place in 2013, to find a range of good quality providers to deliver specialist services for disabled children and their families. Parents/carers and social workers were involved in this process.

These service providers will be working with families to ensure that they achieve the following outcomes:

- Better relationships, through increased support
- Reduced stress

They will also support the child to:

- Achieve greater independence
- Develop new skills and experience fun activities
- Meet new people and make new friends
- Take part in mainstream services and activities

How to access these services?

- Families can go directly to the service provider and pay for services themselves or be referred by the Children with Disabilities Services, following an assessment.
- A price list is available. Please see insert or contact the provider directly for details.
These activities will ensure that children and young people have access to specially designed play provision. These activities will offer children and young people a safe and stimulating environment that supports them to make friends, develop new skills and participate in fun and exciting activities.

These group-based activities may be planned and structured or unstructured programmes and/or one-off events.

**Quality Checks:** These services should be delivered in a suitable and accessible setting. Organisations should have appropriate registration with Ofsted to provide this service. All activities should be run by experienced and appropriately qualified workers.

Risk Assessment should be undertaken before each activity.
Harrow Children’s Centres

‘ME TIME’ SESSIONS FOR CHILDREN WITH DISABILITIES, SIBLINGS AND PARENTS

Children’s Centres will be running a variety of activities from 3 different venues across Harrow. Parents will have the option of staying or leaving their child. Siblings up to the age of 9 will also be able to attend these sessions.

Location: Across 3 Children’s Centres
When: Term-time only
Length of Session: 1 hour and 59 mins
Capacity: Up to 4 places available at each session for disabled children.
Age Range: 0 - 5 years old
Disability: Non-specific

Children with special educational needs and disabilities can also access the Gange playscheme during the school holidays.

Kids Can Achieve with The Westminster Society

HOLIDAY PLAYSCHMES

Kids Can Achieve runs a variety of services for children and young people with additional needs during school holidays. All ages and abilities are catered for through the following four play schemes:

1. Main under 12’s Play scheme
2. High Achievers
3. Independent Youth
4. Specialist Youth

1. MAIN PLAY SCHEME FOR UNDER 12’S

Each holiday, children take part in themed-related activities at play scheme. Swimming trips take place once a week and various trips are organised through the holiday, such as Willows Farm and Thames Valley Adventure Playground.

Location: Main venue - Cedars Hall
Swimming at Hatch End Swimming Pool
Trips to various places of interest include Willows Farm and Thames Valley Adventure Playground, Bath Road, Taplow, Maidenhead, Berkshire, SL6 0PR
When: School holiday
Frequency: Every day during the school holidays
Length of Session: 5 hours
Capacity: 15 places a day
Age Range: 5 -12 years old
Disability: Autism spectrum/ADHD/ emotional and behavioural learning difficulties
2. HIGHER ACHIEVERS

The High Achievers’ scheme provides a safe place to play and explore. It enables children to develop their social, independence and speech and language skills in a structured environment. Activities include drama, cooking and outings.

Location: The Good News Church, Chicheley Road (Opposite Cedars Hall)
When: School holiday
Frequency: 3 days a week during the school holidays
Length of Session: 5 hours
Capacity: 12 places a session
Age Range: 6-12 years old
Disability: Autism Spectrum

3. INDEPENDENT YOUTH

This play-scheme enables young people to go on a variety trips and outings in the community. This includes trips to Thames Valley Adventure Playground, the local swimming pool, picnics in the park and bowling.

Location: Various locations in the community
When: School holiday
Frequency: 3 days a week during school holidays
Length of Session: 5 hours
Capacity: 6 places a session
Age Range: 12-25 years old
Disability: Autism Spectrum/ADHD/Emotional and behavioural learning difficulties

4. SPECIALIST YOUTH

Specialist Youth scheme is aimed at young people aged 12 to 25 who have more complex needs and require a small group environment, with 1:1 support. Activities include: music, art and games. Trips are also arranged to Thames Valley Adventure Playground.

Location: Various locations including Cedars Hall and Thames Valley Adventure Playground, Bath Road, Taplow, Maidenhead, Berkshire, SL6 0PR
When: School holiday
Frequency: 2 days a week during school holidays
Length of Session: 5 hours
Capacity: 5 places per session
Age Range: 13-25 years old
Disability: Autism Spectrum/ADHD/Emotional and behavioural learning difficulties
**KIDS CAN CREW YOUTH GROUP**

This youth group provides a safe and secure place for young people with additional needs to meet, socialise and make friends.

The group meets at Cedars Hall and visits various places such as local restaurants, Goals football, Partyman World (an indoor play centre that has a special needs night on a Wednesday). Young people will also have the opportunity to participate in a number of creative workshops, which include graffiti and karate.

**Location:** Cedars Hall, Harrow Weald and at various locations.

**When:** Evenings during term-time

**Length of Session:** 2 hours (longer if there is a trip)

**Capacity:** 12 places at each session

**Age Range:** 13 - 25 years old

**Disability:** Autism spectrum / ADHD/ emotional and behavioural learning difficulties

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**SATURDAY DRAMA SESSIONS**

These sessions offer children and young people the opportunity to experience creative activities through music, movement, song and art. There are two groups: one for 4-8 year olds and the other for 8 – 12 year olds. A drama therapist encourages children to express themselves through role play. There will also be opportunities for children to play freely.

**When:** Term-time/Day-time during the weekend

**Frequency:** Saturday during term time (10 weeks each term)

**Length of Session:** 2 hrs

**Capacity:** Up to 8 places per session

**Age Range:** 4-8 years (session 1), 8-12 years (session 2)

**Disability:** Autism spectrum/ ADHD/ emotional and behavioural learning difficulties

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**SATURDAY STAY AND PLAY**

These sessions allow parents/carers to stay and play with their child. Parents will be able to access specialist resources and toys, a sensory room, ball pond, computer room, art room and a play room with their child. There is also an opportunity to pay to leave your child for the session with trained staff.

**Location:** Cedars Hall, Harrow Weald

**When:** Day-time during the weekend

**Frequency:** Every Saturday

**Length of Session:** 4 hours

**Age Range:** 3-12 yrs

**Disability:** Autism Spectrum/ ADHD/ Emotional and behavioural learning difficulties
THAMES VALLEY ADVENTURE PLAYGROUND TRIP

This trip is run 4 times a year depending on demand for up to 10 young people. Thames Valley Adventure playground is a specially designed setting which enables children & adults with all types of special needs to play and have fun in a safe and stimulating environment. Activities include wheelchair-accessible roundabouts and swings, multi-sensory rooms to stimulate and relax, with specially-trained staff to provide help and support.

Location: Thames Valley Adventure Playground, Bath Road, Taplow, Maidenhead, Berkshire, SL6 0PR

When: Day-time during the weekend

Frequency: 4 times a year depending on demand

Length of Session: 5 hours
Capacity: Up to 10 places per trip
Age Range: 4-16 yrs
Disability: Autism Spectrum/ADHD/Emotional and behavioural learning difficulties

AFTER-SCHOOL CLUB

This club is for children with more complex needs who require 1 to 1 support from a worker. Children will have access to the specialist facilities at Cedars Hall which include the large play room, the light and sound sensory room, the art room, the computer room, the teaching kitchen, outdoor space and a wide range of play equipment, toys and art and crafts materials.

Location: Cedars Hall, Harrow Weald

When: After-school

Frequency: Term time after school

Length of Session: 2 ½ hours
Capacity: up to 6 young people per session
Age Range: 3 – 12 years old
Disability: Autism spectrum/ADHD/emotional and behavioural learning difficulties (with more complex needs)

HOLIDAY CLUB

The Holiday Club provides a range of indoor and outdoor activities. Indoor activities will include access to a light and sound room and a soft play area. Outdoor activities will include trips to adventure playgrounds, farms, museums and the cinema. There will also be opportunities to try new activities such as rock climbing and cannoning.
Location: Kingsley High School and 29 Pinner Green, Harrow.
When: School holiday
Frequency: 4 days a week - during the school holiday. A minimum of 2 days a week per child
Length of Session: Children under the age of 8 - 1 hour - 45 minutes
Children over the age of 8 - 5 hours
Capacity: 12 places
Age Range: 5 - 18 years old
Disability: Complex needs with learning and/or physical disabilities, sensory impairments, autism spectrum, behaviour emotional and social difficulties and mental health problems

SATURDAY CLUB

This club enables disabled children and young people to engage in group activities and develop skills, confidence and independence. A range of indoor and outdoor activities are available, which include sports, cooking, arts and crafts, board games, puzzles and films. They also have access to computers, soft play area and sensory room.

Location: Pinner Green, Harrow, HA5 2AF
When: Day-time during the weekend, term-time
Frequency: Weekly during term-times
Length of Session: 1 hour and 45 mins for children under the age of 8
4 hours for children over the age of 8
Capacity: 12 places
Age Range: 5 - 11 years
Disability: Complex needs with learning and/or physical disabilities, sensory impairments, autism spectrum, behaviour emotional and social difficulties and mental health problems.

UNITY AND IN-BETWEENERS

These clubs offer age appropriate activities for 5 – 21 years throughout the year. Specially trained staff offer 1-2-1 support and engage with children and young people in a range of activities which are appropriate to their needs and abilities. Activities include day trips to various places, such as the swimming pool or to the cinema.

Location: Kennedy Leigh Children and Family Centre, Edgeworth Close NW4 4HJ, is located in Hendon, North London.
When: Term-time after school,
Day-time during the weekend,
School holiday periods
Activities and short breaks for children and young people with disabilities

**Frequency**: The following sessions will be available to children and young people with disabilities in Harrow:
- Unity Sunday Club (5-11 years)
  - Every Sunday during term-time
- Unity Sunday Club (12-18 years)
  - Weekly, Sundays during term-time
- Unity After-school club (12-18 years)
  - Weekly, Tuesdays during term-time
- In-betweeners (14-21 years) - Weekly, alternate Sundays during term-time

**Length of Session**: 2 - 2½ hours

**Capacity**: 15 places, depending on need

**Age Range**: 6 – 25 yrs

**Disability**: Complex needs with learning and/or physical disabilities, autism spectrum, behaviour emotional and social difficulties, ADHD/ADD, moderate learning disabilities

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**Voyage Care**

**WILLESDEN RESOURCE CENTRE**

Willesden Resource Centre is a small intimate day service that provides support and activities to meet the needs of young people with disabilities. Each day the service provides a choice of two activities, as well as the opportunity for individuals to socialise and develop or build new friendships.

Willesden Resource Centre offers a wide range of activities to individuals, including gardening and horticulture, movement therapy, aromatherapy, live music, arts and crafts and development of personal skills (including cookery). In addition, they support individuals with days out and regularly access many of London’s attractions.

Children and young people are supported to develop social and communication skills through the use of a variety of communication methods including makaton, pictorial and through using objects of reference.

**Location**: Willesden Resource Centre.
276 Willesden Lane, LONDON, NW2 5RB
**Tel**: 020 8451 3838

**When**: Term-time, school holidays and day-time during the week

**Frequency**: 2 sessions per day; Monday to Friday

**Length of Session**: 3 hours

**Capacity**: Up to 25 places per session

**Age Range**: 19 - 25 yrs

**Disability**: Complex needs including challenging behaviour with learning and/or physical disabilities
These services will provide good quality childcare, for families with disabled children, during the day and overnight, in and outside the family home.

**Quality Checks:** These services should be run by experienced and appropriately qualified workers. The organisation should also have appropriate registration with Ofsted or Care Quality Commission (CQC) to provide this service.

Risk Assessment should be undertaken before each activity.
Activities and short breaks for children and young people with disabilities

**SHORT BREAK CARERS**

Short break carers will provide one-to-one care during the day and overnight for disabled children and young people. Carers are experienced, fully qualified and approved to provide care to disabled children. All carers are recruited and trained under the Fostering Services Regulations.

A carer will be identified through careful matching to work with the family. Support tailored to meet the family’s needs and will also be available in an emergency.

**Location:** In the carer’s own homes and/or within the family home. The carers may also take children out into the local community to access services.

**When:** Any time including overnight  
**Frequency:** 7 days a week  
**Length of Session:** Depending on family’s needs.  
**Capacity:** As and when required  
**Age Range:** 0 - 25 years old  
**Disability:** Complex needs with learning and/or physical disabilities, complex needs with learning and/or physical disabilities, autism Spectrum, moderate learning disabilities.

**Fair Play Barnet**

**ONE NIGHT TASTER BREAKS**

Small groups of up to 10 young people will be taken on a 1-night break to Lee Valley Youth Hostel. They will stay in accessible accommodation and undertake adventurous activities during the day at Herts Young Mariners Base.

Activities include: caving, climbing, canoeing, bush craft, bell-boating.

A team of Fair Play Barnet support workers will facilitate their inclusion in these activities.

**Location:** Herts Young Mariners Base and Lea Valley Youth Hostel in Cheshunt  
**When:** School holiday, Day-time during the weekend, Evening, Overnight, After-school  
**Frequency:** 4 times a year  
**Length of Session:** Up to 30 hours  
**Capacity:** 10 places  
**Age Range:** 11 - 18 yrs old  
**Disability:** All disabilities

**TWO NIGHT SLEEPOVER**

Small groups of up to 6 children and young people will be taken on a 2-night sleepover break at the
Northern Heights Guide Camp in Elstree. They will stay in accessible accommodation and undertake a range of outdoor activities. These breaks are particularly suited to those children who have not stayed away from home before. Activities include: nature trails, night walks, cooking, assault courses, and wide games.

A team of Fair Play Barnet support workers will facilitate their inclusion into the activities.

**Location:** Northern Heights Guide Camp in Elstree  
**When:** School holiday, Day-time during the weekend, Evening, Overnight, After-school  
**Frequency:** 4 times a year  
**Length of Session:** Up to 50 hours  
**Capacity:** 10 places  
**Age Range:** 8 - 11 yrs  
**Disability:** All disabilities

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**4 NIGHT RESIDENTIAL SHORT BREAKS DURING THE SUMMER HOLIDAYS**

Small groups of up to 6 children and young people with disabilities will be taken on a 5 day and 4 night summer holiday break. They will stay in accessible accommodation and undertake a range of outdoor activities. Children will be supported to access activities, with appropriate adjustments where necessary.

**Possible Locations:** Hindleap Warren Centre in Sussex; Woodrow High House in Buckinghamshire; Calvert Trust in Exmoor – This venue offers fully accessible sports, recreation and accommodation for children and young people with the most complex and profound difficulties

**Frequency:** 1 holiday per year for Harrow. Spaces also available on 4 holidays per year with other boroughs  
**Length of Session:** 4 night summer holidays from a central accessible meeting point from 9am on Monday mornings and return 5pm on Friday. A total of 104 hours  
**Capacity:** 10 places on each holiday  
**Age Range:** 11 - 18 yrs  
**Disability:** All disabilities

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**BUCKETS AND SPADES - OVERNIGHT SHORT BREAK AND DAY SERVICES**

Buckets and Spades is Norwood’s purpose built centre providing overnight short breaks for children and young people with learning and physical disabilities.
The service offers activities such as arts and crafts, cooking, and a sensory room. They also offer outdoor play in the garden and sporting activities. In the daytime the children are encouraged to take part in activities such as swimming, bowling and visiting places of interest such as the zoo, local parks and bowling.

**Location:** Buckets and Spades Lodge, 1 Fairholme Gardens, London N3 3ED, is located in Finchley, North London.

**When:** Anytime

**Frequency:** 7 days a week

**Length of Session:** Minimum of 5 hours during the day and 24 hours long overnight

**Capacity:** 9 spaces available at overnight and day service.

**Age Range:** 0 - 18 yrs

**Disability:** ADHD/ADD, behaviour emotional and social difficulties, complex needs with learning and/or physical disabilities

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The Westminster society for people with learning disabilities

**SHORT BREAKS AND DOMICILLARY CARE SERVICES**

This service will provide tailored packages of care and support to disabled children and their families in their home during the day and overnight. The service will work flexibly as required to meet the families’ needs; responding to emergencies out of working hours through a 24 hour ‘on-call’ system.

**Location:** In the family home.

**When:** Anytime

**Frequency:** 7 days a week

**Length of Session:** Dependent on family’s needs

**Age Range:** 0 - 25 yrs

**Disability:** ADHD/ADD, behaviour emotional and social difficulties, complex needs with learning and/or physical disabilities, autism spectrum, moderate learning disabilities
These services will ensure that disabled children and young people are included and integrated into mainstream services and activities.

During consultation, parents told us that they wanted their child to have greater access to services in the community and to develop skills and experience in activities that they were unable to offer their child.

This service will enable disabled children and young people to participate in existing services and activities in the community, such as swimming, play, sailing and other outdoor pursuits.

**Quality Checks:** All activities should be run by experienced and appropriately qualified workers.

Risk Assessment should be undertaken before each activity.
GIVE IT A GO!

Menu of activities (taster sessions) enabling children and young people to build their confidence, make new friends and access mainstream services. This will include access to specialist activities such as wheelchair basketball/badminton/rugby/football, boccia, sitting volleyball, swimming and dancing. Children and young people will also have access to a range of mainstream sport, leisure, cultural and educational activities to meet their needs.

TRAVEL TRAINING

This service will enable children and young people to become independent travellers, as they develop their skills and confidence through hands on support. This service will be provided on a one-to-one or group basis. Staff are trained to deliver travel training and to undertake risk assessments, route planning.

Location: Various venues in the community
When: Any time
Frequency: 7 days a week
Length of Session: Dependent on the needs of the young person
Capacity: 1-2-1 and small groups
Age Range: 5 - 18 years old
Disability: All disabilities

BUDDY SESSIONS

These sessions will provide tailored support to children and young people in the home, the community and further afield. A child/young person will be allocated an experienced skilled support worker.

BUDDIES
- YOU'VE GOT A FRIEND

Buddies@Home This service will help families to develop their confidence in managing challenging times.

Children will learn and achieve as they develop their confidence and independence by participating in fun activities.

Buddies, You’ve Got a Friend provide support to disabled young people aged 13-18 to access the local community and mainstream activities. You’ve Got a Friend will offer a one-to-one buddy to support young people to access activities, meet friends and build confidence. Children and young people will be able to choose what they want to do.
Location: Local mainstream services  
When: Any time  
Frequency: 7 days a week  
Length of Session: up to 4 hours  
Capacity: 1-2-1 support  
Age Range: Buddies @ Home: 6 – 12 years old; Buddies, You’ve Got a Friend: 13 – 18 years old  
Disability: Complex needs with learning and/or physical disabilities, sensory impairments, Autism Spectrum, moderate learning disabilities, behaviour emotional and social difficulties.

**Fair Play Barnet**

**ONE-TO-ONE AND GROUP SUPPORT FOR DISABLED CHILDREN AND YOUNG PEOPLE AT MAINSTREAM PLAY AND LEISURE SERVICES**

This service will enable disabled children to participate in existing non-specialist play provision, local after-school clubs and other activities, such as scouts, sports and arts activities. Support will be provided by a trained support play worker who will ensure that the child’s needs are met.

The worker will support the child to develop their independence whilst attending an activity of their choice. As the child becomes more independent and comfortable at the youth club or play scheme support will be reduced, if appropriate.

Location: Non-specialist play and leisure services such as, after-school, play and youth clubs.  
When: Any time  
Frequency: 7 days a week  
Length of Session:  
Holidays - between 3 - 6 hours  
After school and weekend - 2.5 hours  
Age Range: 0 - 18 yrs  
Disability: All disabilities

**KIDS SHORT BREAKS**

This outreach service matches the child/young person with a suitable worker according to the needs and interests of the child. This worker will take them out and about, play with them at home or accompany the family to appointments or activities.
The worker will plan and arrange activities with the child and parents/guardians, encouraging the child to have as much control over the breaks as possible.

A helpline is also available so that there is always someone on hand to assist with query.

Location: In the family home and the community
When: Any time
Frequency: 7 days a week
Length of Session: Minimum 3 hours
Age Range: 0 - 25 yrs
Disability: All disabilities

**Kids can achieve**

**WEEKEND AND WEEKDAY OUTREACH SERVICES**

This service will assist children and young people, with varying needs and abilities, to access the community. Young people will be supported to access the cinema, swimming pool, activity centres, ice skating, restaurants, shopping, cooking activities, arts and crafts and much more.

Support is tailored to meet the child’s needs. Children are also taken out in groups with children with similar interests to encourage them to socialise.

Location: In the community and Cedars Hall, Harrow Wealdstone.
When: Every Saturday and Sunday during term-times and daily during school holidays
Length of Session: 4 - 6 hours
Age Range: 3 - 25 yrs
Disability: ADHD/ADD, complex needs with learning and/or physical disabilities, autism spectrum, moderate learning disabilities, behavioural emotional and social difficulties

**Mencap**

**COMMUNITY SOLUTIONS**

Provides a direct support young people, through a designated personal assistant (PA) within the community. Following an assessment the child/young person is matched to a personal assistant who has the skills and experience to meet their needs. The PA supports the young person to access community activities, which includes the local gyms, mainstream youth groups, cinemas, adventure parks, local shops, museums, theatres, leisure centres and colleges. We work with children and young people on developing their skills, looking at their aspirations and goals and supporting them into education, training and employment. In addition, we provide respite care and support to families.
which allows parents and other siblings to follow hobbies and other pursuits away from their caring responsibilities.

**Location:** In the community - accessing community facilities  
**When:** Term-time, school holiday, day-time during the week, day-time during the weekend, after-school, evening  
**Frequency:** 7 days a week  
**Length of Session:** 2 - 6 hours  
**Capacity:** 1-2-1 and small groups  
**Age Range:** 6 - 25 years old  
**Disability:** Complex needs with learning and/or physical disabilities, Autism Spectrum, sensory impairments, complex needs with learning and/or physical disabilities, Mental Health Problems, behaviour emotional and social difficulties.

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### Voyage Care

**OUTREACH SUPPORT**

This service provides flexible support in the home or in the local community to suit the child’s and family’s needs.

There is a large bank of staff, with a range of skills and interests that can be matched to each child. They will support each child to achieve their specific goals and outcomes as part of the package of support. This may include the development of independence skills, support to access education, training and employment opportunities.

Regular packages of support are designed and delivered to meet the assessed needs of the child and family.

**Location:** Local mainstream services and out of borough trips

**When:** Anytime  
**Frequency:** 7 days a week  
**Length of Session:** To be agreed on a case by case basis.  
**Capacity:** 1-2-1 support  
**Age Range:** 19 - 25 yrs  
**Disability:** Complex needs with learning and/or physical disabilities

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**The Westminster society for people with learning disabilities**

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**LDN LIVING - HARROW OUT AND ABOUT (CHILDREN & YOUNG PEOPLE)**

This service will enable children and young people to take part and access a range of services and activities within their local community. Children and young people will be supported
to access swimming, sporting and exercise sessions, sailing, horse riding and play sessions within mainstream settings and youth services. They will also be supported to access a range of activities that will meet the needs, wants and aspirations.

There will be opportunities for them to access their chosen activities and interests either on a one-to-one basis or as part of a small group.

**Location:** Various places in the community  
**When:** Anytime  
**Frequency:** 7 days a week  
**Length of Session:** After school and weekend – 2 1/2 hours; Holidays - between 3 - 6 hours  
**Age Range:** 6 - 25 yrs  
**Disability:** All disabilities

**Referral Only - Specialists Services**

**THE FIRS**

The Firs provides a flexible short breaks centre, which is available for child/young person between the ages of 5 and 17 who has a severe learning disability. The aim is to provide children/young people who have severe learning disabilities with a variety of experiences and relationships outside of their own home whilst also providing families with a break from meeting the additional support needs of the children/young people.

**Access to service:** Referral only by the Children with Disabilities Service.  
**When:** During school term and in school holidays (day care service offered in school holidays)

**Capacity:** Term-time: Up to 4 children can stay overnight at any one time. However, this depends on the support needs of each child. There is one down stairs bedroom, which limits the number of wheelchair users on each night, however with careful planning, the service is able to provide care for a number of wheelchair users throughout the term.

Half term holidays: Only day care service are offered. Overnights are not available.

Summer holidays: Longer periods of care are provided – five to seven overnights. Day trips and centre-based activities are arranged.

**Age Range:** 5 - 17  
**Disability:** Children/young people with a severe/moderate learning disability, who also may have a physical disability and other complex needs such as epilepsy and children who require gastrostomy feeding.
Local Accessible Services

In 2013 the following services received a small grant to make their services more accessible to disabled children and their families.

**GANGE CHILDREN’S CENTRE**

This Children’s Centre has purchase new equipment and re-designed its sensory room.

**Address:** Gange Children’s Centre, 68 Canning Road, Wealdstone, HA3 7SN
**Tel:** 020 8427 0134

**CEDARS CHILDREN’S CENTRE**

This Children’s Centre has installed a ramp to make the services more accessible.

**Address:** Cedars Manor First School, Whittlesea Road, Harrow Wealdstone, HA3 6LS
**Tel:** 020 8736 6222

**BUBSY PRE-SCHOOL**

A pre-school based in Pinner Green have made their facilities more accessible by purchasing specialist and sensory equipment for disabled children.

All children, including those with disabilities or special needs will be able to attend this pre-school, as they will be equip to meet their needs.

**Address:** 35 Pinner Green, Pinner, HA1 2AF
**Email:** info@bubsypreschool.org
**Website:** www.bubsypreschool.org
**Tel:** 020 8432 9629

**HARROW ART CENTRE (HAC)**

HAC provides art, storytelling and drama workshops for children and families. It also provides professional performances for children and performance opportunities for children themselves.

HAC have used this funding to make their activities and performances more accessible and inclusive to disabled children.

**Address:** 171 Uxbridge Road, Hatch End, Middlesex, HA5 4EA
**Email:** harrowartscentre@harrow.gov.uk
**Tel:** 020 8416 8989

**HARROW MUSIC SERVICE (HSM)**

HSM will provide opportunities for children with disabilities to play instruments and to participate in music ensembles and/or creative music projects.
Activities and short breaks for children and young people with disabilities

HARROW LEISURE CENTRE

Harrow Leisure Centre will provide opportunities for children and young people with disabilities to participate in sports and the London Youth Games. The centre has purchased specialist equipment to enable disabled children to participate in Paralympic sports and other activities.

Address: Christchurch Avenue, Harrow Middlesex HA3 5BD
Tel: 020 8901 5980

Other support services and places to go

ASPIRE

Aspire offers practical support to people living with spinal cord injuries. They provide a wide range of leisure and sport activities for children and young people, which include badminton, tennis, basketball, football and table tennis.

Address: Aspire National Training Centre, Wood Lane Stanmore, HA7 4AP
Tel: 020 8952 5759
Email: info@aspire.org.uk
Web: www.aspire.org.uk

FAMILY FUND TRUST

This is an independent organisation that gives grants and helps low-income families caring for disabled children.

Email: info@familyfund.org.uk
Tel: 08449 744 099*
Textphone: 01904 658085
Fax: 01904 652625
Web: www.familyfund.org.uk
## Directory

### ACTION FOR CHILDREN
- **Tel:** 0207 221 3290 and 07809 595237
- **E-mail:** ask.us@actionforchildren.org.uk
- **Website:** www.actionforchildren.org.uk/contact-us

### CHILDREN’S CENTRES
- **Contact:** Children’s Centres
- **Tel:** 020 8736 6222 (Cedars Children’s Centre)
- **Tel:** 020 8422 4692 (Hillview Children’s Centre)
- **Tel:** 020 8416 8400 (Kenmore Park Children’s Centre)
- **Tel:** 020 8427 0134 (Gange Children’s Centre)
- **E-mail:** kim.eldridge@harrow.gov.uk
- **Website:** www.harrow.gov.uk

### CORE ASSETS CHILDREN’S SERVICES
- **Tel:** 07587 669527
- **E-mail:** contactus@coreassets.com
- **Website:** www.coreassets.com

### DIMENSION UK
- **Tel:** 0300 303 9076
- **Email:** Buddies@dimensions-uk.org
- **Website:** http://www.dimensions-uk.org/dimensions-buddies

### FAIR PLAY BARNET
- **Tel:** 020 8203 1257
- **E-mail:** shortbreaks@Fairplaybarnet.org.uk
- **Website:** www.fairplaybarnet.org.uk

### HARROW MENCAP
- **Tel:** 020 8869 8484
- **Tel:** 07814 818320
- **E-mail:** mencap@harrowmencap.org.uk
- **Website:** www.harrowmencap.org.uk
Activities and short breaks for children and young people with disabilities

Directory

KIDS
Tel: 0207 359 3635 (office)
E-mail: enquiries@directshortbreaks.org.uk
Website: www.kids.org.uk
www.directshortbreaks.org.uk

KIDS CAN ACHIEVE WITH THE WESTMINSTER SOCIETY
Tel No: 020 8420 2300
E-mail: info@kidscanachieve.co.uk
Website: www.kidscanachieve.co.uk

NORWOOD
Tel: 020 8420 6846 (general)
Tel: 020 8457 4477 Bucket and Spades
Tel: 020 8809 8637 and 07717 799882 (Unity)
Email: info@norwood.org.uk
Website: www.norwood.org.uk

THE FIRS – SHORT BREAKS RESIDENTIAL CENTRE
Tel: 020 8422 5156

THE WESTMINSTER SOCIETY
Tel: 020 8968 7376
Tel: 07985 353591
Tel: 07940 790641
Tel: 020 8968 2690 (general)
E-mail: cfoyle@wspld.org
fsmith@wspld.org
Website: www.wspld.org.uk

VOYAGE CARE
Tel: 01543 442 568 / 07912 389 877
E-mail: philalexis@voyagecare.com
Website: www.voyagecare.com
For up-to-date information
Search for Services for Children with Disabilities at www.harrow.gov.uk

Contact: Children with Disabilities Service
Email: childrenwithdisabilities@harrow.gov.uk
Address: Alexandra Avenue Health & Social Care Centre
275 Alexandra Avenue
South Harrow
HA2 9DX
Tel: 020 8966 6481

Contact: Family Information Service (FIS)
Email: fis@harrow.gov.uk
Address: Civic Centre
Station Road
Harrow
HA1 2UW
Tel: 020 8901 2690