

Where to find more information?

Please take a look at the pages for parents and carers on our website. Or for an individual discussion about our service and how it can help you, please ring our dedicated help-line number.

Who are KIDS?

KIDS is a national charity working towards a vision in which all Disabled children and young people realise their aspirations, and their right to an inclusive community which supports them and their families. KIDS provides a wide range of services across England, and promotes inclusive play and leisure nationally across the children and young people's sectors through its National Development Department.

KIDS Direct Short Breaks

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National Helpline: 0845 453 1000
Email: enquiries@directshortbreaks.org.uk

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Charity Number 275936



Kids

Direct Short Breaks



Information for parents

Taking the family on a trip out when you have a Disabled child isn't easy, and even simple daily tasks like the weekly food shopping can become difficult. But we're here to help!

The KIDS Direct Short Breaks Service is designed to be flexible, and can help you care for a Disabled child or young person.

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So, what is the KIDS Direct Short Breaks service?

Our Short Breaks are an opportunity for you to have a break from caring for your Disabled child, or to get extra help in caring for them, while providing them with new and exciting opportunities.

The service offers an opportunity for you to use our trained Short Break Workers in whichever way is best to meet your needs, and the needs and aspirations of your Disabled child or young person.

Our service is provided by Criminal Records Bureau (CRB) checked, trained, and supervised workers who will share the KIDS ethos of inclusion.

How does the service work?

Once the Short Break Service is agreed, you will be given a Short Breaks Account and asked to complete an account profile with your child or young person and your family. This outlines the type of activities the child is interested in, their individual requirements, and what kind of things the family enjoy doing. A KIDS Short Breaks Supervisor will then be in touch to arrange a home visit and answer any further questions you might have.

The Short Break Worker can stay in your own home, come out with you to help out with family activities, or take your child or young person out to the local park or to access social activities. It's up to you!

The service is open to all and can be paid for by local authority arrangement (if appropriate), via Direct Payments and Individualised Budgets or self funded. We select, vet, train and supervise all Short Break Workers who are contracted directly to KIDS and are paid an hourly rate.

KIDS will have recruited Short Break Workers in your area who are Criminal Records Bureau (CRB) checked and fully trained. You can look through our Short Break Workers' profiles, choose who you would like to provide your short break, and request a time for your short break via our online booking system. Don't worry if you don't have a computer; this can all be done on the phone, too.

My child has complex needs. How do I know these will be met?

The benefit of this service is that **you are in control: you** choose who you want to be your Short Break Worker, you match your child's requirements to the experience, skills and training of the Short Break Worker.

What parents say:

Initially I was sceptical. I didn't think it was a good idea to entrust the care of my child to someone else, but John, our Short Break Worker, is loads of fun and makes Carrie laugh. He's helped us to do things together as a family, like visiting an amusement park and taking Carrie to the local play scheme. It's great. I trust John to look after Carrie and he understands what she needs. I'd highly recommend KIDS Direct Short Breaks.

What kids say:

My worker plays with me and does what I want to do. We go out sometimes to the park, and I get to play with other kids while Mum does the ironing. Last week we did cooking at home because it was raining. I have never done cooking at home and it was fun.

