

Short Breaks for families

Offer for disabled children, young people and their families?

Short breaks offer

We understand that caring for a disabled child or young person can be an exhausting experience. We appreciate how much time, effort and commitment it takes from parents and the wider family members. Whilst we understand this and we are amazed at the outstanding job families do in caring for as disabled child, we recognise families also need a short break,

A short break can mean anything from 1/2 hour to an overnight break and gives time for the person they are caring for access to a whole range of exciting new experiences and challenges.



“It has helped me get more friends.”

The Disability & Inclusion Project has, over the years, established a good reputation in providing short breaks for disabled children and young people.

As part of our short breaks service our team can offer disabled children and young people access to:

- Weekly Friendship groups
- Access to weekend short breaks
- Inclusive play and youth provision
- Residential holidays
- Transition programmes

Our expertise

All of our short breaks service is supported by a qualified staff with a wealth of experience and skills to deliver the right short breaks for your child so parents and carers can rest assured that their child is safe and having a fantastic time!

Our approach

Our short breaks service makes a change from the daily routine and is flexible enough to fit in with the needs of your family. We run regular, reliable and fun short breaks for children & young people with a range of disabilities.

The Disability and Inclusion Project offers an exciting and diverse menu of programme choice which is easily accessible for families with disabled children and young people. We deliver many of these projects in local communities in the daytime, evening and weekend.

Am I eligible for this short break service?

- Are you a parent carer of a child with a disability aged 7 -19 yrs?
- Is your child registered disabled?
- Has a Statement of Educational Need?
- Is your child/young person currently undergoing an assessment?
- Awaiting a diagnosis?

If you fall into any of these categories then you can access our short breaks service.

If you are unsure if you meet the criteria or would like to find out more about our short breaks services for families of disabled children and young people, then please contact a member of our team.

MYA can also offer families

Sign posting and Support for you and your child

The experienced and knowledgeable Disability & Inclusion Project can support you to find out about other services that can offer you information, advice and guidance on a variety of services/provision for disabled children and young people and families.

“[HE'S] LESS ARGUMENTATIVE, STOPS TO THINK OF HIS ACTIONS BEFORE DOING, MORE CONFIDENT”



Short Breaks for schools

Working together for better outcomes for disabled children and young people.

Our Approach

The Disability & Inclusion Project has many years' experience in working within the schools environment with disabled children and young people. Our approach is focused on delivering positive outcomes for disabled children, young people and their families. Our dedicated team has the knowledge and expertise to deliver the right services in the right ways

Our team

Our qualified team carries expertise in delivering informal education opportunities, transition projects, art therapy services, short breaks as well play and youth work opportunities as part of the after school offer.

Working together, our team of Play and Youth workers and Art Therapist have the necessary skills to address each child's individual learning needs as well as working in a group work setting.

Delivering creative and innovative opportunities for disabled children and young people

What's on offer for schools?

The Disability and Inclusion team can deliver services in both special and mainstream schools as part of our carefully designed packages such as:

- Transition programmes
- Art Therapy service
- Informal educational packages
- Residential short breaks

Our residential short breaks?

As part of the transition programme we provide a residential break at the end of the eight week programme. Children and young people can learn the importance of independence and social interaction as well have fun with their peers.

Where do we go?

- Calvert Trust
- Playaway
- Beamsley

All of the residential centres we use are safe and accessible so all disabled children and young people who access any of our schools programme can have the opportunity to have fun and meet new friends outside the school setting.



Transition

Understanding the concept of change

Friendship Skills

Identifying what makes a good friend

Life Skills

Healthy eating

Broadening taste experiences

Dressing and undressing skills

Sequencing

Domestic skills for the home

Independent living skills

Budgeting

Health & Wellbeing

Hygiene awareness

Sexual health

Adolescence

Sports

Build confidence

Learn the value of team

work and social interaction

Disability + Inclusion Project at MYA

Call us on **0151 702 0700** or log on to **www.mya.org.uk**