Greenwich Short Breaks
2019 – 2021
A guide for families and professionals
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Short Breaks in Greenwich – a quick guide

What are Short Breaks?
Short Breaks are designed to help families to care for their disabled children by providing them with regular breaks. This is so that they can meet the needs of other children in the family; study or take part in leisure activities themselves; or carry out day to day household tasks. RBG also want short breaks to help to make sure children and young people access positive, meaningful activities.

Who can access?
Any child aged 4-17 who lives in Greenwich and has an Education, Health and Care (EHC) plan can register for Short Breaks.

How much does it cost?
The commissioned short breaks are heavily subsidised by RBG. The only cost to families is the access fees, which are set by the providers themselves. This ranges from £2.50 – £9 per hour, depending on the level of support that is provided.

If you already receive a personal budget or direct payment, you pay a one-time cost of £500 to access the Short Breaks core offer, deducted from the budget. This is equivalent to 38 hours of direct payment support or agency care.

Is there a website?
The Greenwich Local Offer has all of the information you need on the Short Breaks services:
https://www.greenwichfamiliesinformation.org.uk/kb5/greenwich/fsd/advice.page?id=hzrQhrCY-T8

What activities are on offer?
There are 9 organisations across Greenwich which provide Short Breaks for disabled children and young people. Information can be found about each of them here.
ADO Services
Poets Corner, Welling
Ages 8-17

What do they offer? A range of recreational and therapeutic activities using wildlife, nature, animals and outdoor experiences. Sessions take place during school holidays from 10am – 3pm.

How can they help my child? ADO offers a wide range of fun and dynamic activities, including animal handling, bush-craft, forest skills, and outdoor adventure. The programme takes place within a secure outdoor setting, and is an excellent opportunity for children and young people to explore, create and have fun.

Cost: £30 per session

The ideal short break for: Children and young people who love being outside, playing outdoors, creative activities and spending time in nature. The service could be particularly beneficial to those who have social, emotional and mental health difficulties alongside their SEND.

Contact details:
Tel: 020 8850 6778
Email: shortbreaks@adoservices.co.uk
The AHOY Centre

Borthwick Street, Deptford
Ages 8-17

**What do they offer?** Water and land based activities, including sailing & rowing, and indoor activities such as cooking skills and ‘fun & fitness’ sessions. Sessions take place during school holidays from 10am – 6pm, and young people are able to choose indoor and/or outdoor activities to take part in based on what they like and enjoy.

**How can they help my child?** The programme teaches new skills to increase confidence and independence, as well as opportunities for brand new experiences such as rowing, sailing, and cooking/healthy eating.

**Cost:** £5 per session. Transport from either Charlton Park Academy or Willow Dene Secondary school can be purchased for an additional £5 per session.

**The ideal short break for:** Children and young people who love the outdoors, being active, cooking and learning new skills.

**Contact details:**
Tel: 020 8691 7502
Email: [marta@ahoy.org.uk](mailto:marta@ahoy.org.uk)
All Kids Can

Charlton Park Academy, Charlton
Ages 11-17

What do they offer? A specialist activities programme on Saturdays and during school holidays. Activities on offer include bowling, swimming, zoo and farm trips, local community events, as well as onsite activities such as arts and crafts and sensory play. Sessions run from 9am – 2pm on Saturdays, and 10am – 3pm during school holidays.

How can they help my child? All Kids Can provides a range of activities and trips in the community, in a safe and supported environment. Young people can access a range of new opportunities whilst being supported by experienced and trained staff members.

Cost: £45 per session (£9 per hour)

The ideal short break for: Young people with severe ASD, severe learning difficulties or complex health needs, who would like to take part in activities in the community whilst still receiving high levels of support and care from experienced staff.

Contact details:
Tel: 020 8836 8906
Email: shortbreaks@allkidscan.co.uk
Champions 4 Change

St Thomas Church, Charlton
Ages 8-17

What do they offer? Therapeutic boxing and exercise sessions for beginners. The sessions take place every Saturday from 1.30 – 3.40pm, with different session times for primary-aged and secondary-aged children.

How can they help my child? C4C use boxing and physical exercise as a positive tool for change. They can help your child to get active, build confidence and manage their emotions in a positive way. It’s also a great opportunity to socialise and create new peer groups. The activities focus on using boxing to build resilience and teach self-control (not as a form of violence).

Cost: £2.50 per session

The ideal short break for: Children and young people who are looking for an outlet to relieve stress, anxiety and energy! Great for those who want to learn a new skill and make new friends, and for those who are struggling with low confidence or self-esteem.

Contact details:
Tel: 07502 143964
Email: info@champions4change.org.uk
Charlton Athletic Community Trust (CACT)

Avery Hill Youth Club, Eltham
Ages 13-17

What do they offer? Fun, positive experiences and activities throughout the year. Sessions are between 2-4 hours and take place during school holidays, weekends, and after school. They also offer regular overnight stays in local venues. Activities on offer include cinema trips, mini-golf, trampolining, and ice-skating, as well as onsite activities such as multi-sports, arts and crafts and cooking.

How can they help my child? CACT offer the opportunity to access a range of activities and trips, alongside making friends, learning new skills and increasing independence for young people about to start their transition into adulthood.

Cost: £5 per session. Transport to and from home can be purchased at an additional cost of £25 per session.

The ideal short break for: Young people looking for a new club or activity, who require a bit more support to access the community, alongside a group of their peers and qualified, experienced staff members. It is also a great opportunity to increase independence through overnight stays with staff and Short Breaks young people in local hubs.

Contact Details:
Tel: 07984 732506
Email: steven.bannan@cact.org.uk
Greenwich Leisure Limited
(GLL)

Greenwich Centre & Eltham Centre
Ages 4-17

What do they offer? Free ‘splash’ sessions in two local Greenwich pools, specifically for children and young people with SEND. The sessions take place every Sunday. Children/young people must be accompanied by a competent adult swimmer in the pool.

How can they help my child? The free splash sessions allow children and young people to swim and have fun with their families in a safe, secure environment. The sessions include floats and toys to play with, and families can go as many times as they want throughout the year.

Cost: Free

The ideal short break for: Any Greenwich child or young person who enjoys swimming, and wants the opportunity to have a fun session each week in an environment specifically for those with SEND.

Contact Details:
Tel: 07483 006431 Email: Anthony.jones2@gll.org
Greenwich & Lewisham Young People’s Theatre (GLYPT)

The Tramshed, Woolwich
Ages 10-17

What do they offer? School holiday drama workshops, including a one-week summer school. Children and young people, with the help of supportive staff, put together a creative performance and showcase it to parents and carers at the end of the course, whilst taking part in a range of activities and games along the way.

How can they help my child?
GLYPT offer inclusive drama and theatre workshops, helping children and young people to increase their confidence, build their creativity and have a go at performing in a show!

GLYPT work alongside theatre companies who specialise in SEND to ensure the workshops are as inclusive as possible.

Cost: Specialist CYP, £20 per session. Targeted CYP, £12.50 per session.

The ideal short break for: Children and young people who love to act, sing, dance and perform for friends and family! This programme is great for those who prefer indoor activities and who enjoy exercising their creativity, in the form of drama, music and arts. It could be especially ideal for those who are looking to become more confident with speaking to new people or to increase their self-esteem.

Contact Details:
Tel: 020 8854 1316
Email: Rosalind@tramshed.org
New Lodge Riding for the Disabled

New Lodge Centre, Eltham
Ages 4-17

What do they offer? Horse riding for children and young people with SEND. Sessions take place on Tuesdays for ten weeks for those with higher support needs and who require specialist services, with weekend sessions also available for children/young people who need targeted support. Pony mornings during school holidays provide the chance to learn about horse care and grooming as well as riding.

How can they help my child? This is a great opportunity for children and young people to learn how to ride a horse in a safe, supported environment. Sessions are between half an hour to an hour, and New Lodge will work hard to support any child regardless of their ability, including those with complex needs.

Cost: £2.50 per session

The ideal short break for: Children and young people who want to learn a new skill, improve health aspects like posture and core strength, combat anxieties and who enjoy being outdoors and working with horses.

Contact Details:
Tel: 020 8851 6447
Email: hilary.crawford@virgin.net
Willow Dene Saturday & Summer Club

Swingate Lane, Plumstead
Ages 5 – 11 (primary school children only)

What do they offer? A play scheme for primary-aged children, offering outdoor play, on-site swimming, arts & crafts, soft play, forest school and local trips. The sessions take place on Saturdays throughout the year from 9.30am – 1.30pm, and for 2 weeks during the summer holidays from 9.15am – 3.15pm.

How can they help my child? Willow Dene are a specialist primary school and are able to offer high levels of support from experienced and qualified staff members. Children can take part in a range of exciting and stimulating activities, and make use of the great facilities that are on offer.

Cost: Saturday sessions, £25 per day. Summer play sessions, £15 per day (transport to and from home can be purchased for an additional £25 per day during the summer)

The ideal short break for: Children aged 5-11 who require higher levels of support to take part in activities. This is an ideal programme for children with severe ASD, severe learning difficulties or complex health needs who would like to take part in activities both indoors and in the community.

Contact Details:
Tel: 020 8854 9841