



# Short Breaks for Disabled Children

Summer Newsletter 2020



London Borough  
of Hounslow

**FREE Summer holiday  
Short Breaks inside!**



# Welcome

Welcome to the Summer Newsletter! What a few months it has been – hope you are all well and coping with the ‘new normal’.

We have worked with our providers to produce a programme of online activities that the family can do at home and some safe outdoor activities over the summer that will be fun and enjoyable for your young person and the whole family.

Stay safe.

**Jo Dawson and Suky DeSousa**  
**The Short Breaks Team**

## What is a Short Break?

Short breaks provide opportunities for disabled children and young people to spend time away from their primary carers. They aim to provide parents and carers a necessary and valuable break away from their caring responsibilities in order to recharge their batteries.

They enable disabled children and young people to have the chance to develop new friendships, take part in new experiences and to have fun doing positive activities like sports, music therapy, youth clubs and much more.

A short break may include a few hours, a day, evening, overnight stay, weekend or sometimes longer. It could take place in the family home, at another home or out in the wider community.



Hounslow Short Breaks team also endeavour to provide short breaks for the whole family in an environment that is sympathetic to the disabled child or young person, for example, theatre shows and cinema screenings.

**If you have any queries, please do call the Short Breaks team on 020 8583 3636.**

## SHORT BREAKS BOOKING PROCEDURE – please read

This newsletter has been sent out to families on Wednesday 1 July and families will be able to book Short Breaks as from the week commencing 6 July. No bookings will take place before Wednesday 8 July.

<b>Wednesday 8 July</b> .....	Pathway	<b>3</b> →
<b>Thursday 9 July</b> .....	Pathway	<b>3</b> →
<b>Friday 10 July</b> .....	Pathways	<b>2</b> → <b>3</b> →
<b>Monday 13 July</b> .....	Pathways	<b>2</b> → <b>3</b> →
<b>Tuesday 14 July</b> .....	Pathways	<b>1</b> → <b>2</b> → <b>3</b> →
<b>Wednesday 15 July</b> .....	Pathways	<b>1</b> → <b>2</b> → <b>3</b> →

If you have any questions or are unsure which pathway your child meets, please do not hesitate to contact the Short Breaks Team on 020 8583 3636. **Please note that we are unable to do any registrations during these booking days.**

## Unique Identifying Number (UIN)

If you have not already registered for your UIN, please do call the Short Breaks team on 020 8583 3636. It is important that you do this as you will need a UIN to book onto any of the Short Breaks programme. All our Short Breaks providers (Hounslow Play team, Brentford Sports, Kids Cookery, Feltham Bees, Richmond Music Trust, Three Wings, Watermans, Griffin Park Learning Zone, Park Lane Stables, Hounslow Extra Club, Core Assets, Kids) will all be using the UIN process as well as the services provided directly by Short Breaks eg. the trips to the theme parks in the summer, the Christmas parties and Decisions R Us.





## Taxicards

This scheme allows London residents with a mobility impairment which prevents them from using buses or trains to travel in contracted licensed radio taxis – black cabs or private hire vehicles at subsidised rates. For further information, please call 020 7934 9791 or visit [www.taxicard.org.uk](http://www.taxicard.org.uk)

## Calling all male carers!



### DADS GRANDADS UNCLES MALE CARERS

Hounslow Parent Carers Forum have started up a **Dads Group**, (*when we use the word Dad we are meaning anyone who is involved with the care of a child with special education needs or disabilities and is of course male*).

All too often the male carer gets overlooked in terms of support, decisions around the child etc. Would you be interested in a group for male carers?

If so please contact us either by email at [hounslowpcf@gmail.com](mailto:hounslowpcf@gmail.com) or by phone (020 3096 4276 or 07881 788483).

## Useful websites for families of disabled children

Please find below several websites that offer help and support in various ways to families with disabled children:

<http://newlifecharity.co.uk/docs/care-services/Play-Therapy-Pods.shtml>

<https://www.disability-grants.org/grants-for-children.html>

<https://www.turn2us.org.uk/>

## SUPPORT

If your child or young person needs help to access short breaks, support is available! Please do call the **Short Breaks team** on 020 8583 3636.

## Hounslow Parent Carers Forum

### ZOOM/TEAM SESSIONS

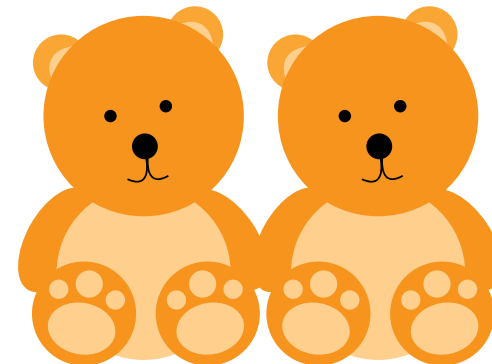
We are holding weekly Zoom meetings until July 22nd –

- 8 Jul 2020 8pm
- 15 Jul 2020 8pm
- 22 Jul 2020 8pm

On Friday 3rd July 10.30, our guest speaker will be Steven Forbes, Executive Director of Adults and Children's Services.

Margaret Leader from Connexions will be attending some of our future meetings and will be able to answer questions around further education and careers. We will give you the dates once they are arranged.

If you are interested in joining any of these meetings, please do get in touch on [hounslowpcf@gmail.com](mailto:hounslowpcf@gmail.com)



### TRANSITIONS EVENT

We are hoping to set up a transitions event for parent/carers with children 14+ on Friday 4 September at Hounslow Youth Centre, dependent on the government restrictions at the time – more details will follow.



### MEETINGS FOR FAMILIES INVOLVED WITH CONTINUING CARE/SPECIAL GUARDIANSHIP

We are planning to hold meetings for parent/carers who have children on Continuing Care so that we can talk together in case there are any issues. We would like to do the same for parent/carers dealing with Special Guardianship.

The first meeting for Continuing Care for Children will be on Monday 6 July at 8pm via Zoom.

The first meeting of the Special Guardianship group will be on Monday 13 July at 8pm.

If you are interested in joining any of these meetings, please do get in touch on [hounslowpcf@gmail.com](mailto:hounslowpcf@gmail.com)

**The Special Educational Needs and Disability Information Advice and Support Service (SEND IASS)** provides free impartial and confidential information, advice and support about special educational needs and disability across the range of special educational needs (SEN), and health and social care where related to SEN. This service was previously called the **Parent Partnership Service**.

SEND IASS can offer a service to parent and carers of children and young people aged 0 to 25.

The SEND IASS can offer information related to:

- schools, colleges & early years settings
- statutory assessment and Education Health and Care Plans (EHCP)
- transfer from Statements of SEN to EHCP
- appeals

- annual reviews and transfer reviews
- access and equality
- exclusions
- health services on the Local Offer
- Independent Support
- social care assessments
- support groups and help with the Local Offer
- transport

SEND IASS offers parents and carers a flexible menu of ways in which it can offer support around Special Educational Needs. These include:

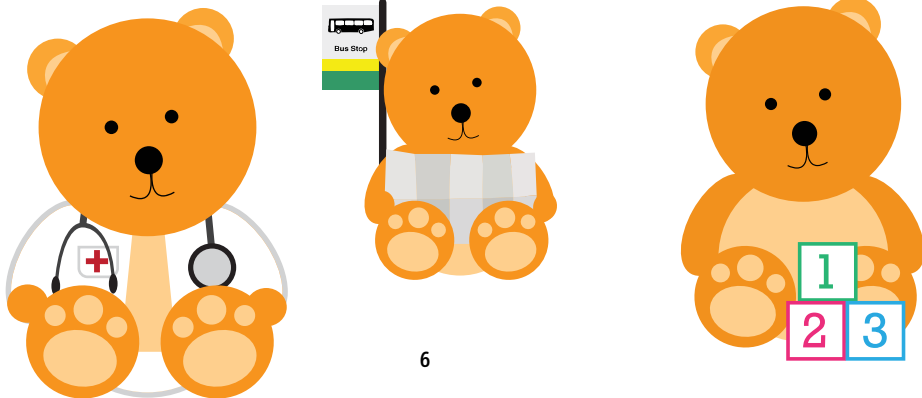
- advice from a trained member of staff over the telephone or via email
- face to face support at a meeting
- where necessary meetings at home or a community setting

**For more information contact:**  
**SEND IASS Tel: 020 8583 2607**  
**Email: SENDIASS@hounslow.gov.uk**

## Services available for children and young people aged 0-25 years with special educational needs and disabilities (SEND)



[www.hounslowlocaloffer.uk](http://www.hounslowlocaloffer.uk)



# Disability Access Fund (DAF)

DAF is available to support children with special educational needs and disabilities (SEND) in their childcare setting. Childcare providers can receive £615 per year for every child who meets the eligibility criteria.

## Who is eligible?

To be eligible children must be:

- aged 3 or 4 years old
- using a funded free early education and childcare place in a registered childcare setting
- in receipt of Disability Living Allowance (DLA)\*



## What can the funding be used for?

The funding is available to help childcare providers make reasonable adjustments at their setting to improve children's access to funded early education. It will be paid directly to the childcare provider and they will be able to decide how it should be spent. The funding cannot be used towards childcare fees.

Your child does not need to be using all of their funded early education and childcare hours for their childcare provider to be able to receive the full £615 of funding. Please speak to your childcare provider if you think your child may qualify.

Further information on DAF can be found on the Hounslow Local Offer through the following link:

[www.hounslowlocaloffer.uk](http://www.hounslowlocaloffer.uk)

\* Many parents miss out on this vital benefit - did you know that you don't have to wait for a condition to be diagnosed before you can claim DLA for your child?. You can claim DLA so long as it is clear that there is some underlying condition - whether physical, mental or behavioural - as a result of which your child needs extra care or help in getting around.

For more information, visit [www.gov.uk/disability-living-allowance-children](http://www.gov.uk/disability-living-allowance-children)

# Eligibility Criteria

You will see the table which describes the pathways of need overleaf, on pages 10-11. Below, we have explained how to assess your child's needs in relation to the pathways.

**Step 1:** Have a look at Band A and see where your child's disability sits in each pathway.

**Step 2:** Have a look at Bands B and C if they apply. Think about the four dimensions – Communication, Personal Care, Safety and Supervision, Behaviour and Social Integration. If your child meets one or more of the descriptions in either Band B and C, then they are likely to meet the respective pathway.

If you are unsure or if you see that they sit in multiple pathways, please do give the Short Breaks team a call and we will go through it with you on 020 8583 3636.

## Things to think about:

**Pathway 1:** The child will most likely attend a mainstream school and can access most mainstream activities with minimal support.

**Pathway 2:** The child will either attend a mainstream school (with specialist support) or attend a specialist school and will need some additional support to access short breaks. They may have a Statement of Special Educational Need or an Education, Health and Care Plan.

**Pathway 3:** The child will most likely attend a specialist school and require specialist support to access short breaks. They will most likely have a Statement of Special Educational Need or an Education, Health and Care Plan. They will most likely be known to the Social Work team for Children with Disabilities.

**The pathway for the child or young person may change at different times throughout their lives as their needs may change.**

# Pathways of Need

	Dimension	Pathway 1 Level of Need	Pathway 2 Level of Need	Pathway 3 Level of Need
Band A	Mobility	Able to walk unassisted, but with difficulty or poor co-ordination.	Walks, but only with aids or assistance. May use a wheelchair sometimes.	Full time wheelchair user and/or Mobility severely restricted without special provision.
	Vision	Severe or profound problem with one eye. Less than half visual field loss. Able to function independently.	Able to read print with simple aids or assistance. Defect of at least half visual field. May be eligible for registration as partially sighted.	Unable to read large print without intensive educational assistance or sophisticated aids. Registered.
	Hearing	Severe or profound hearing loss in one ear. Hearing loss 20-40 dB	Hearing loss 41-70 dB	Hearing loss >71 dB
	Functioning and Learning ability	Overall functioning slightly below expected level for age. May have a mild or moderate learning disability	Overall functioning around half expected level for age. Has a moderate learning disability	Overall functions significantly below expected level for age. Have a severe learning disability or a moderate learning disability and diagnosed ASD.
	Health	Known health condition, which is under control but occasionally interferes with everyday activities in a minor way.	Health condition that limits normal activities, including self-care and personal hygiene, access to services. May interfere with opportunities for development or education.	Diagnosed health condition, which is severe and potentially life threatening, and results in frequent hospital admissions that limits accessing developmental or educational activities. May be in receipt of Continuing Care or palliative care from Health Services.
Band B	Communication	Delayed language development only.	Delayed/ disorganised verbal communication causing difficulty. Speech supplemented by alternate communication method.	Uses communication other than words, e.g. symbols, makaton, BSL.
	Personal care	Child requires minimal support beyond that of their peers with everyday care needs; this will include toileting, washing and dressing.	Child requires practical support beyond that of their peers with everyday care needs; this will include toileting, washing and dressing.	Child requires assistance beyond that of their peers with all everyday care needs; this will include toileting, washing and dressing and can be problematic and need skilled intervention.
Band C	Safety and Supervision	Requires occasional supervision beyond that expected for their age. Poor sense of danger or risk of excitability.	Needs supervision to perform daily activities significantly greater than that expected for developmental age. Limited perception of danger to self or others.	Needs constant supervision during the day and night. Would place themselves or others at risk without supervision.
	Behaviour and Social Integration	Some mild, transient or frequent behaviour difficulties. Able to use local non-specialist universal services. Able to sustain limited peer relationships and social integration with support. Child requires support to access services.	Behaviour problems severe or frequent enough to require some specialist advice or provision. Significant support required to achieve social integration. Only able to sustain peer relationships with support. Child requires services to prevent or alleviate stress in the family.	Long-term behaviour difficulties make it difficult for the child to function appropriately most of the time, and maybe of risk to the child or carers without special provision. Dependence upon carer for social integration. Limited awareness of impact of behaviour upon others. Services required to prevent high risk of accommodation for the child.

Children and young people who meet one or more of the criteria within Band A are likely to meet that Pathway. Children and young people who meet one or more of the criteria within both Bands B and C are likely to meet that Pathway. For more information please discuss your son/daughters needs with the short break provider or Aiming High on 020 8583 3636.

# Decisions R Us

**Bid for up to £250 for a short break or activity!!**



Please note that applications to Decisions R Us can be made every other financial year. So, for example if you applied in this financial year, ie. From 1 April 2019 to 31 March 2020, you will have to wait until after 1 April 2021 to apply again. We have had to do this as the scheme is growing in the number of applications made and our budget remains the same and we want to make sure that as many young people are able to access as possible and that it remains manageable. If you have a difficulty or would like to discuss this further, please call on 020 8583 3636.

Last year young people in Hounslow were given the opportunity to apply for funding for their own short break or activity. These included horse riding, swimming lessons, gymnastic classes and even a residential weekend at an activity centre!

Once again, funds have been allocated to young people, aged 5- up to 18, living in Hounslow who are looking for help with a short break or activity. This can include equipment that will help them access a short break! Young people can bid for up to £250 to fund their own short breaks.

The application form is available from the Short Breaks team or from the downloadable documents on the Short Breaks web page [www.hounslow.gov.uk/shortbreaks](http://www.hounslow.gov.uk/shortbreaks) which ideally the young person will then need to complete (where possible) or with help from an adult. Young people can attach a picture, film, photo or other media to the application form if required to express or support their idea. Applications will be then presented to a panel made up of young people, councillors and senior management from the Council who will make a decision about individual applications.

Please remember that bids for IT equipment including gaming consoles will not be considered. Please also note that if you bid for funding towards swimming lessons, it will be up to the parent/carer to find an instructor for the young person. Merlin passes are no longer available via this scheme.

The Decisions R Us panel is:

- about disabled children and young people being actively engaged and participating in the whole decision making process on activities and projects they would like to do
- is about encouraging and allowing children and young people to shape, develop and deliver activities for themselves and other children aged 5 - up to 18 years old

The youth panel is managed and supported by the staff at the Westbrook Short Break Unit and the Short Breaks team. The meeting dates for this financial year are **16 September 2020** (deadline for applications 11 September 2020) and **2 December 2020** (deadline for applications 27 November 2020) and **13 January 2021** (deadline for applications 8 January 2021).

**If you are interested in applying, please call the Short Breaks team on 020 8583 3636** who will be happy to send you an application form.

The application form can also be found online under the Short Breaks section of the Hounslow website, [www.hounslow.gov.uk/shortbreaks](http://www.hounslow.gov.uk/shortbreaks) - follow the link 'Downloads'.



# Summer 2020 activities

## Key to services

Throughout the following pages, we have used symbols to help abbreviate information about the Pathway, referral route, age and level of supervision for individual services.

The symbols are as follows:

## Pathways



The Pathway, will always be 1, 2 or 3 or a combination.

## Referral route



Self referral



Referral by professional

The referral route is either via self referral or referral by a professional who knows the child/young person, e.g. social worker, teacher, health professional.

## Age

5-18

Age is simply given as a range of numbers.

## Supervision



Parent supervision required



No supervision required

These symbols indicate whether supervision is required or if a child can attend a service on their own. Both symbols may appear if you need to speak to the provider about this.

## The Kids Cookery School



The Kids Cookery School, have created a YouTube playlist to keep you and your kids busy

in the kitchen during lockdown. They have created some fun short videos, to help teach and encourage parents and children, to cook in the kitchen together, during lockdown.

To find these videos in YouTube please type in 'kidscookery4kids' or 'the kids cookery school' and subscribe to their channel! They have created a playlist which is titled 'Cooking during lockdown' which will be updated on a weekly basis with new and exciting recipes to make at home from scratch!

The recipe for yummy banana bread is already available for you to start cooking!



If you have any queries regarding the cooking or accessing the channel, please ring the Kids Cookery School on 020 8992 8882.

Email: [info@thekidscookeryschool.co.uk](mailto:info@thekidscookeryschool.co.uk)

Web: [www.thekidscookeryschool.co.uk](http://www.thekidscookeryschool.co.uk)



# Summer 2020 activities



## Watermans – A creative summer!

### Online Children's Theatre on Sundays up to 9 August

Every week we will bring you exciting, exclusive world-class performances from the UK and around the world, specially curated for Short Breaks.



Expect to see puppetry, dance, magic, theatre and much more, as well as some surprises where you can meet artists online too!

Watch out for weekly emails from Short Breaks with the link to each week's show.

### Watermans at Home

#### Six Weeks of Arts & Crafts - dates

- Week 1: 23 July 2020
- Week 2: 30 July 2020
- Week 3: 6 August 2020
- Week 4: 13 August 2020
- Week 5: 20 August 2020
- Week 6: 27 August 2020

Each week is a separate project and families can do a project every week or just one.

## Watermans at Home

### Six Weeks of Arts & Crafts

**Make a beautiful object for your home and learn new arts and crafts skills.**

You'll be given an artist-designed pack full of the materials you will need to make



something beautiful. Under 12's will need help from parents or older children might want to work on their own.

#### How it will work

Weekly art challenge – a different creative medium, theme, colour each week that families can dip in and out of.

You can do a project every week or just one.

There will be a variety of art forms: ceramics, paper clay, jewellery design/ making, dyeing fabrics. You will make something beautiful for the home: napkins, bowls, baskets There will be a new theme and new art form each week.

Led by experienced artists – there will be:

- Online workshop (Zoom)
- Video 'lessons' each day
- Instructions sent with the pack

Dates: w/c 23 July – w/c 27 August

**Any pathway – any age**

To book a place for any of the Watermans activities, please call Short Breaks on 020 8583 3636 or email [shortbreaks@hounslow.gov.uk](mailto:shortbreaks@hounslow.gov.uk)

## A 6-week photography project

### Theme: Resilience

Lockdown and Coronavirus have been tough for everyone. But we know that families who have a child with a disability face extra challenges and while these sometimes feel impossibly difficult, we also want to recognise and celebrate the extraordinary resilience and strength of these families.



For those families who choose to take part in this project, a professional photographer will come their house or local park and work with them to create photographs that reflect the essence of that family, in particular capturing their resilience and joy as a family in these exceptional times.

#### How it will work

- A photographer will visit families outside their home (or in local park)
- Exhibition of photographs and stories in Watermans gallery
- Families will get full colour large size print of their portrait

Dates: 27 July 2020 – 21 August 2020

**Any pathway – any age**

To book a place for any of the Watermans activities, please call Short Breaks on 020 8583 3636 or email [shortbreaks@hounslow.gov.uk](mailto:shortbreaks@hounslow.gov.uk)

## A 6-week community art project



Scott Walker is a graphic artist who creates funky line drawings that are designed to be coloured in and added to by communities.

#### How it will work

The map would be designed by Scott and hand-painted onto wood panels then sent to each family, along with colouring materials including pencils, acrylic paint pens, sparkly gel pens, wax crayons plus other suitable mediums.

Scott would provide practice worksheets, video instructions and inspiration online.

At end of the summer families would send back their portion in an SAE that Watermans will have provide. The map will be put back together at Watermans and displayed in one of our galleries as a Short Breaks family view of what Hounslow looks like to them.

After we have photographed the re-joined map, your panel will be returned to you as a unique piece of art, signed by Scott.

Dates: 27 July 2020 – 21 August 2020

**Any pathway – any age**





## End of Summer Celebration Party



This event is a social event for all Short Breaks Families. Not only will we share all the work created over the summer but it will be a party for everyone with a DJ, karaoke, dancing and more!

Date: Friday 28 August

**Any pathway -- any age**

**To book a place, please call Short Breaks on 020 8583 3636 or email [shortbreaks@hounslow.gov.uk](mailto:shortbreaks@hounslow.gov.uk)**

Watermans Studios, 40 High Street, Brentford TW8 0DS



## Watermans Online

### Magic Workshop

**Tuesdays until 4 August**

All the way from the USA, international, award-winning magician, Kevin Spencer, will teach you how to perform some incredible magic tricks with everyday objects. You can also watch Kevin's amazing Magic Show as part of the family theatre season and maybe perform a trick during the show!

2pm	8–11 year olds	(with your parents and siblings)
2.45pm	12–14 year olds	
3.30pm	15–18 year olds	

### Fun Family Percussion and Rhythm

**Wednesdays until 5 August**

Sandra's drum circles are always very popular at Watermans – especially with Short Breaks families. Sandra has adapted the songs, rhythms and made backing tracks for you to drum along to at home!

2pm	5–8 year olds	(with your parents and siblings)
3pm	9–12 year olds	

### Movement, Exercise and Dance

**Thursdays until 6 August**

Forget Joe Wickes, we have our own movement workshops especially adapted to Short Breaks families. Come and join in and have fun, be creative and move your body to the music!

2pm	5–12 year olds	(complex needs session)
3pm	8–12 year olds	(with your parents and siblings)
4pm	13–18 year olds.	Fun movement session for all.

**To book a place, please call Short Breaks on 020 8583 3636 or email [shortbreaks@hounslow.gov.uk](mailto:shortbreaks@hounslow.gov.uk)**

## Childminding – 24 Hours Free Childminding Service

The Short Breaks Service will pay for an introductory 24 hours childminding for a child with additional needs from 0-8 years at a registered Hounslow childminder of your choice.

This will provide an opportunity for both the parents and the childminder to start building a long-term supportive relationship for the child.

### What is a Registered Childminder?

A registered childminder is a person who looks after children under the age of 8, for more than 2 hours in any one day, and on domestic premises (usually the childminder's own home).

Registered childminders are found on the Hounslow Family Services Directory in the childcare section. Some childminders will display more information on their profiles than others but as a basic you will always see their name, address, contact details and their last Ofsted inspection report.

From this information, it's advisable you then make contact with the childminder to see if they can accommodate your child's individual needs along with the hours and days you are looking for.

Once you have found someone who meets your needs, call the Short Breaks team who will organise payment of the first 24 hours directly with the childminder. It will then be down to you to continue any ongoing payments with the childminder for further care.

To search for a registered childminder go to:

- 1) <http://fsd.hounslow.gov.uk>
- 2) Click on the 'Childcare' icon



- 3) Select childminders from the choices next to the search option
- 4) A list of registered childminders will appear which you can then filter down by postcode to narrow your results. Some childminders may have listed specific experience they have in caring for children with a particular special need/ disability. In which case, their records will be marked with a green triangle named Local Offer.

### Points to remember

- The family/child must be registered with Shortbreaks to use this service
- The child must meet level of need pathway 2 or 3
- Once the 24 hours introductory offer is over, it will be the responsibility of the family to continue with the funding of the service.

For more information or to discuss organizing your childminding, please call the Short Breaks team on 020 8583 3636.



# Summer 2020 activities

## Brentford Sports



Community Sports Trust



**Brentford FC CST would like to assure families that all our activities will run in accordance with the latest government guidance related to Covid-19. We will implement measures across all our sessions to ensure that participants and staff are kept safe at all times. Chris Tribe can give you specific information related to each activity when you contact him to book a space.**

### Small group athletics sessions (including athletics activities such as running, throwing & jumping events)

Venue: We are hoping to use Osterley Sports Centre Athletics Track, 120 Wood Lane, Isleworth, TW7 5FG. However, this hasn't been confirmed yet so an alternative venue may be used. Please check with Chris when you contact him to book a space.



Tuesday 28 July

Tuesday 11 August

Tuesday 18 August

Tuesday 25 August

Times: 10am – 12pm and 1 – 3pm

Age: 5+

**For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 07561 605507**

### Small group multi-sports sessions (including sports such as football, tennis, rounders & boccia)

Venue: We are hoping to use Gunnersbury Park Sports Hub, Popes Lane, W3 8LQ. However, this hasn't been confirmed yet so an alternative venue may be used. Please check with Chris when you contact him to book a space.



Friday 24 July

Friday 14 August

Friday 21 August

Friday 28 August

Times: 10am – 12pm and 1 – 3pm

Age: 5+

**For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 07561 605507**

### Small group football sessions

Venue: To be confirmed. Please check with Chris when you contact him to book a space.



Monday 3 August

Friday 7 August

Monday 24 August

Thursday 27 August

Times: 10am – 12pm and 1 – 3pm

Age: 5+

**For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 07561 605507**

## Online Summer Sports Party

**Date: Thursday 13th August**

Time: 2.00 – 4.00pm

Online Sports Party via Zoom including a variety of Sports Challenges, with music breaks in between each activity to create the party atmosphere. We will also have a breakout room where you can try other, not-so-sporty fun activities with our Learning Zone staff. Everyone will be given a scorecard on which you can record your scores for each challenge, and you will also receive a Certificate of Achievement for taking part!

Age: 5+

**For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 07561 605507**

## Kayaking

At **Brentford Lock/ Canal**, Commerce Road, off Brentford High Street, Brentford TW8 8PH. Meeting point: Next to Holiday Inn, Brentford Lock



### Family Kayaking (Katakanu boats)

Wednesday 29 July (10.00am – 12.00noon and 1.00pm – 3.00pm)

### 1:1 Kayaking/Paddleboarding (Individual vessels)

Wednesday 12 August (10am – 12noon and 1pm – 3pm)

Wednesday 26 August (10am – 12noon and 1pm – 3pm)

Age: 7+

\*Please note, more dates may be available nearer the time so please check with Chris when you contact him to book a space.

**For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 07561 605507**

## Cycling for Fun – 1:1 lessons

Venue: Lampton Park (meeting point – 'Lampton Park Cycling Hub' storage containers, located just inside Lampton Park, by the Bulstrode Avenue entrance, TW3 3AA).

Brentford FC CST, in partnership with the London Bike Hub, will be delivering 1:1 cycling sessions designed to help Short Breaks children increase their confidence and develop their skills on their bikes.

These sessions are specifically for children who can cycle unassisted and have their own bike. Please note, there will be no bikes available to borrow at the venue. Unfortunately, we are not able to offer beginners' sessions this year.

Dates: Monday 10 August  
Monday 17 August

Times: 10.00 – 10.45am, 10.45 – 11.30am,  
11.30am – 12.15pm, 12.15 – 1pm

Age: 5+

**For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 07561 605507**

## Online Sports Activity sessions, via Zoom

Monday 27 July, Thursday 30 July  
Monday 10 August, Monday 17 August  
Thursday 20 August

Times: 3.30 – 4, 4 – 4.30 and 4.30 – 5pm

Age: 5+

**For more information or to book a space, please contact Chris Tribe on [ctribe@brentfordfcst.com](mailto:ctribe@brentfordfcst.com) or 07561 605507**

## Programmes specifically for deaf and hard of hearing children

Brentford FCCST will be running a number of exciting new Sports Activity programmes for deaf children and their families during the summer holidays.

Activities will be confirmed nearer the time.

**For further details, please contact Ben Lampert on [blampert@brentfordfcst.com](mailto:blampert@brentfordfcst.com) or 07842 479295 (Text only).**

# Summer 2020 activities

the GRIFFIN PARK  
learning zone

## Short Breaks summer journalism

Join in with the summer Short Breaks Journalism project. Meet the guests lined up to deliver the activities or workshops, supported by the Brentford Football Club Community Sports Trust (BFCST) staff. Use the opportunity to interview the guests and write a profile about them or the activity they deliver. Write about topics of interest to create a newsletter.



Sessions will take place over Zoom or Teams, and where possible face to face (government guidelines permitting). Parents/carers will be consulted before a face to face session takes place. Parent/carers will need a device which allows access to Zoom or Teams.

BFCST staff will be involved in the session, alongside the guests to support the young people. Young people will need to ensure they complete their articles for the newsletter.

**Guests will deliver the following workshop or activities; these can be done at home through online delivery.**

Music, sport, safeguarding and how to keep safe, art, literacy activities, games, challenges and sport.

**Bookings will be open to pathways 1, 2 and 3 from the 8th of July**

There could be some changes to the dates or times, parents/carers will be notified prior to any changes.

### Session dates and times

**Tuesday 14 July**  
(11am – 12pm and 1pm – 2pm)

**Thursday 16 July**  
(1pm – 2pm)

**Tuesday 21 July**  
(11am – 12pm and 1pm – 2pm)

**Thursday 23 July**  
(1pm – 2pm)

**Tuesday 28 July**  
(11am – 12pm and 1pm – 2pm)

**Thursday 30 July**  
(1pm – 2pm)

**Tuesday 4 August**  
(11am – 12pm and 1pm – 2pm)

**Thursday 6 August**  
(1pm – 2pm)

**Tuesday 11 August**  
(11am – 12pm and 1pm – 2pm)

**Thursday 13 August**  
(1pm – 2pm)

**Tuesday 18 August**  
(11am – 12pm and 1pm – 2pm)

**Thursday 20 August**  
(1pm – 2pm)

**Tuesday 25 August**  
(11am – 12pm and 1pm – 2pm)

**Thursday 27th August** (1pm – 2pm)

**For Further information please contact  
Ghausia Amin on 07391 417086 or  
gamin@brentfordfcst.com**

# Our Barn Carers Support Group



**Our Barn will be outdoors this summer. We can offer the following socially-distanced, sheltered from sun and rain, small group activities in Osterley Park, Isleworth. All activities run from 10.30am to 3pm. Bring a packed lunch, and your own support worker (if you usually have one). Age 16-25, or part of Our Futures. Search 'Our Barn at Jubilee Lodge' to find us pinned on Google Maps.**

**Mondays:** throughout the summer apart from Bank Holidays. Relaxed allotment-style Gardening with Catherine and Carole. Learn about the food journey from seed to plate. Contact cathy@ourbarn.org.uk 07394 069196

**Wednesdays:** 22nd and 29th July, 5th and 12th August. Multisport with Kelly, David and Jamie. We're making use of the brilliant park facilities playing sport, riding adapted cycles and (if we are allowed) canoeing on the lake. Contact kelly@ourbarn.org.uk 07933 396851

**Thursdays:** 23rd and 30th July, 6th and 13th August. Art with Kelly, David and Jamie. Following on from last year's success we'll be working towards an art

exhibition later in the year, aiming to raise expectations of what disabled people can achieve. Contact kelly@ourbarn.org.uk 07933 396851

**Fridays:** throughout the summer. For the long-term shielders and anyone else who wants to join in, we will be sending out activity packs and catching up with Online Gardening. It's a new direction for our gardeners and the theme will be environmental and conservation related topics with a social catchup on Fridays 12 noon to 1pm. Contact cathy@ourbarn.org.uk 07394 069196

**Please note that staff work part-time and will not always have their mobiles switched on.**

# Summer 2020 activities

## Music Therapy – Richmond Music Trust



### ...NEW PROGRAMME FOR JULY AND AUGUST...

**We wanted to let you know about an exciting opportunity to take part in our special music therapy programme for children during July and August.**

We are offering individual music therapy sessions for children (pathway 2 & 3) and group music therapy sessions for children (Pathway 1, 2 & 3). You will be able to enrol your child for a block of 9 consecutive 40 minute sessions on Saturdays, which will take place via video link using Zoom.

We now have increasing numbers of children with learning disabilities involved in our tailor-made online sessions and are amazed at how well this works. We are also witnessing how invaluable this contribution is to a child's development and well-being during this time.

Although sessions will be a little different, our therapists will create a fun and child-centred experience

including shared musical activities, singing and games. These sessions will be uniquely tailored to your child's needs, choices and ability. Sessions will be run by music therapists from Richmond Music Trust (Sara Cole and Maja Milicevic), who your child may have met before.

Sessions will need to be attended jointly with a parent, carer or sibling so that your child is supported to maintain engagement. If you have musical instruments at home these can be used and the therapists will also provide you with ideas of how to use household items for sound production.



## How does it work?

All you need is a computer (PC or MAC), tablet or Ipad and a reasonably stable internet connection. You will need to install the free Zoom application and we will send you all the info about how to do this. If you need any help please call **Hounslow Short Breaks** on 020 8583 3636 or **Andreas Rosenboom** from Richmond Music Trust on 020 8744 8097 who are available to help if required.

## When?

**Saturday 4th July – 29th August**, 40 minute session slots available between 10am and 4pm.

## How do I enroll?

Please send an email to Andreas Rosenboom at Richmond Music Trust: [musictherapy@richmondmusictrust.org.uk](mailto:musictherapy@richmondmusictrust.org.uk) and we will send you all the required information.



## Congratulations...

**If you have any good news stories, let Short Breaks know and we will publish it in future newsletters.**

**Please call us on 020 8583 3636.**





**Should you require this Newsletter  
in a format other than English please  
contact the Short Breaks team on  
020 8583 3636 or email:  
shortbreaks@hounslow.gov.uk**

**0-25 Disability Team, Children's  
Health and Adult Services**

London Borough of Hounslow  
Hounslow House, 7 Bath Road,  
Hounslow TW3 3EB  
Telephone: 020 8583 3636

**[www.hounslow.gov.uk](http://www.hounslow.gov.uk)**