

# Aiming High

*for Disabled Children in Essex*



Working in partnership with:

Essex Primary Care Trusts  
Essex Childrens Trust Approach



## What is Aiming High for Disabled Children?

Aiming High for Disabled Children (AHDC) is a central government programme to help disabled children, young people and their families get the support and chances they need to live ordinary lives.

The government needs to ensure that the significant new funding for AHDC is allocated to families specific wants and needs; families have described short break opportunities as their key priority.

## What is the Essex AHDC short break programme?

Essex County Council, Primary Care Trusts, parents and the voluntary sector are working in partnership to develop short break opportunities. The plans are based on what children, young people and their families have said would make a difference.



Our vision for children and young people with disabilities in Essex is that they will enjoy, achieve and participate through a wide range of short break activities and opportunities that are personalised and support 'Me Time'. Essex's AHDC short breaks are being called 'Me Time'. This means Me Time for the disabled child or young person, for siblings and for parents and carers.

## What is a Me Time short break?

Me Time short breaks can be anything from a couple of hours to overnight stays. They are designed to give children and young people with disabilities enjoyable experiences that contribute to their personal and social development, as well as enabling parents and families to have a break from their caring responsibilities.

## If a Me Time short break would be helpful to you:

- 1. Identify** what would need to happen to enable Me Time. Consider what your child will enjoy doing and what sort of short break would make a difference to you and your family.
- 2. Discuss** what is needed to make it happen with people such as your lead professional or key worker, therapist, school, community nursing team, support group, social worker, health visitor or doctor. If you have a team around your child, someone in your team should be able to help you.

## Some of the possibilities

There are after school clubs, community activities and hobby based opportunities for all children and young people. In addition there are some evening, Saturday and holiday clubs especially for children and young people with disabilities. These can all be contacted directly by you.

If you feel that your child could participate in these kind of activities if there was some additional support, AHDC is keen to develop this as an option. To discuss this, please contact those working with you and your family or the AHDC project team through **Contact Essex 0845 743 0430**.

Some opportunities may require a more formal assessment. These include Family Based Support, Family Support Services, Self Directed Support or Direct Payments, residential overnight stays, residential holidays with additional carer support. You can find out more about these opportunities by contacting Social Care via **Contact Essex on 0845 603 7627** or your social worker. If your child has healthcare needs, your community nursing team can advise.

## Cool2Care

AHDC in Essex has commissioned Cool2Care to provide vetted, trained, personal assistants or care workers who are matched directly with children, young people and their families.

You can pay for your Cool2Care personal assistant from Direct Payments, allowances or private means. By finding the best possible match, Cool2Care aim to meet the requirements of both the young person with disabilities and their family. They will suggest a suitable personal assistant for you to interview, however if the match is unsuccessful, they aim to find you another candidate.

To find out more about this innovative service contact Cool2Care: **[www.cool2care.co.uk](http://www.cool2care.co.uk)**  
**Telephone: 0845 1235484**

## What else may be different this summer holidays?

AHDC is supporting some summer and holiday clubs through additional funding as listed below:

### Districts

Basildon, Brentwood

### Clubs

#### **BOSP - Brighter Opportunities through Supported Play**

2 Crown Yard, High Street  
Billericay, Essex CM12 9BX

(BOSP may be able to organise transport - funded by NHS South West Essex)

Email: [enquiries@bosp.co.uk](mailto:enquiries@bosp.co.uk)

[www.bosp.co.uk](http://www.bosp.co.uk)

Tel: 01277 624300

Chelmsford, Braintree and Maldon

#### **PARC, Play and Resource Centre**

Great Notley Country Park  
Great Notley, Braintree  
Essex CM77 7FS

Email: [info@parc-essex.co.uk](mailto:info@parc-essex.co.uk)

[www.parc-essex.co.uk](http://www.parc-essex.co.uk)

Tel: 01376 528999

#### **Chelmsford Mencap Daybreak**

Columbus College  
Maltese Road  
Chelmsford, Essex CM1 2PB

Email: [Lisalakin@blueyonder.co.uk](mailto:Lisalakin@blueyonder.co.uk)

Tel: 01245 494012

## Districts

Colchester, Tendring

## Clubs

### **Smile Time at Market Field School**

School Road, Elmstead Market  
Colchester, Essex

Tel: Sue Terry 01206 825195  
or Christine Gallant 01245 438572

### **Shorefields School**

Julian Cochrane  
114 Holland Road  
Clacton, Essex CO15 6HF

Tel: 01255 424412

Harlow, Epping Forest  
and Uttlesford

### **Accuro (Care Services)**

Unit 1, Hastingwood Business Centre  
Willow Place, Hastingwood  
Harlow, Essex. CM17 9JH

Email: [accuroharlow@aol.com](mailto:accuroharlow@aol.com)  
Tel: 01279 433667 or 01279 433117

Castlepoint, Rochford

### **Play Planet**

Furtherwick Park School  
Furtherwick Road, Canvey Island  
Essex SS8 7AZ

Email: [playplanet@btconnect.com](mailto:playplanet@btconnect.com)  
Tel: 01268 690806

**Some of these clubs also organise Saturday and evening events. Contact them directly for further details.**

## Future plans

AHDC recently received information from about 18 different potential providers of short break play and leisure activities. This will hopefully result in there being more opportunities and activities in the future.

## Evaluating AHDC

The key element of getting AHDC short breaks right is to ensure parents and young people are involved in the planning. We are keen to listen to your views or if you would like to become involved in re-shaping services contact Kevin Smith-Galer from Essex Forum of Support Groups at **smith.galer@btinternet.com**

## Letting everyone know about AHDC?

- We will publish regular newsletters
- We will develop a website with a wide range of current information and links to others sources.

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

## Some useful contacts

### Family Information Services

Email: [fis@essex.gov.uk](mailto:fis@essex.gov.uk)

Tel: 0800 556874

**The SNAP special needs and parents support group for parents of children and young people with any special needs or disabilities.** [www.snapcharity.org](http://www.snapcharity.org)

Email: [info@snapcharity.org](mailto:info@snapcharity.org)

Tel: 01277 211300

### Contact Essex for information and advice:

Tel: 0845 603 7627

### 4Children

Email: [jayne.bentley@4children-essex.org.uk](mailto:jayne.bentley@4children-essex.org.uk)

Tel: 01245 438572

**Also your local library for your local and community activities.**

This information is published by Essex County Council on behalf of the Essex Aiming High for Disabled Children project team.

You can contact us in the following ways:

**By telephone:**

0845 743 0430

**By post:**

Essex County Council, Aiming High for Disabled Children project team, SENCAN, E2, County Hall, Chelmsford, Essex CM1 1LD

The information contained in this document can be translated, and/or made available in alternative formats, on request.

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