

Short breaks are great!



"I like pretending to climb"

"I like being with my friends"



"I like dancing and making shapes"



What are short breaks?

Short Breaks give you the chance to do enjoyable, fun activities and have new experiences away from home. A Short Break could be for a few hours, or it could be an overnight stay or a weekend with a family or other young people. Short Breaks give your carers and your family a break with any extra support you may need.

Who can get short breaks?

In Telford and Wrekin disabled children and their families are able to get support if it is needed. We want to make sure that you can join in with things and have fun. We know that disabled children really want to choose and enjoy the same activities as other children and young people.

What are short breaks like and how do I find out about them?

Some families need a lot of support and others don't need quite so much. We want you and your family to tell us what you need but we will make sure that all of our services use children's ideas and are:

- Safe and reliable
- Run by properly trained staff who know what they are doing
- Just right for **you**

The **ican2** newsletter and the website **www.ican2.org.uk** has all of the information that you need about activities for disabled children.



What activities can I do?

Some of the special Ican2 activities for you are:

- Computer clubs and wii games
- Go karts and bikes
- Skiing and other sports activities
- Art activities with Kreative Kids like drumming, dancing, drama and music
- Club 17 a youth club for 11 - 25 year olds
- Access 2 Activities project (A2A) including day trips, fun play sessions, cinema trips and more!



In Telford and Wrekin there are lots of other services on offer for all children, you can use these too. Many of the leisure and community centres have got special equipment in them to make it easier for disabled children to join in.

Things like:

- After school clubs and holiday clubs
- Sports and leisure centres
- Youth clubs
- Children centre activities
- Nurseries and childminders
- Breaks for the whole family
- Outdoor activities like rock climbing, archery and canoeing.



How do I get there?

Transport can be arranged if you really need help to get to activities.



How much do short breaks cost?

You will be given a free Leisure flex card so that activities at any of the Council leisure centres are cheaper for you and some of the special ican2 activities are free!



Reading advice...



If you find the text in this document difficult to read we can supply it in a format better suited to your needs contact us on 01952 567300.

