



Easy
Read



Short Breaks

2025 to 2028

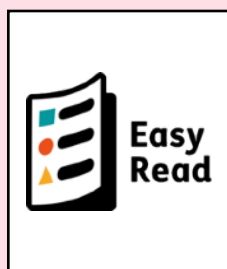


[westsussex.gov.uk](https://www.westsussex.gov.uk)



Together
for Change

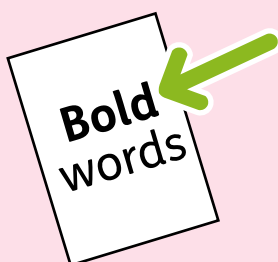
Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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You can fill in a quick survey to say what you think about this Easy Read booklet:
info.easy-read-online.co.uk/easy-read-feedback-survey

About this booklet



This booklet is from West Sussex County Council.



We want to make sure that children and young people with **SEND** can go to the same schools and get the same chances as other children and young people.



SEND stands for **Special Educational Needs and Disabilities (SEND)**.

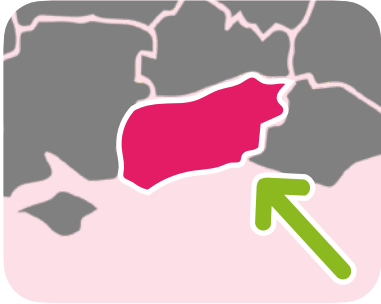
Children and young people with **SEND** are aged 0 to 25 and may need some extra support to learn and grow.



Please read this booklet to find out about **Short Breaks** in West Sussex.

Short Breaks are fun activities for children and young people with SEND.

Universal and community offer



The **universal offer** is Short Breaks that are offered everywhere in West Sussex.



The **community offer** is Short Breaks in your local community.



These Short Breaks activities are usually for everyone, not just children and young people with SEND.

You can find out about the universal and community offer in West Sussex by:



- Visiting the **Local Offer West Sussex** website:

www.westsussex.gov.uk/local-offer

Local Offer West Sussex helps children and young people with SEND and their families find information and services.

You can also find out about the universal and community offer in West Sussex by:



- Visiting your local library.



You can find out more information about West Sussex libraries here:

www.westsussex.gov.uk/libraries



- Using **Early Help Services**.

Early Help Services help families early on, to stop them from needing long-term support in the future.



You can find out more about Early Help Services here:

www.westsussex.gov.uk/social-care-and-health/social-care-and-health-information-for-professionals/children/early-help/early-help-services



Your local leisure centre may also run some activities that children and young people with SEND can take part in.



Your child or young person may also be able to join the Scouts.



You can find out more information about how the Scouts can support people with SEND here:

www.scouts.org.uk/volunteers/equity-diversity-and-inclusion/supporting-people-with-additional-needs



You can sign up your child or young person to join the Scouts here:

www.westsussexscouts.org.uk/join



You can also use **Connect to Support**.

This is our service that helps adults find the support they need in their local area.



Find out more about Connect to Support here:

www.westsussexconnecttosupport.org

West Sussex Disability Register



The **West Sussex Disability Register** is a document with information about children and young people with SEND in West Sussex.

If you sign up your child or young person for the disability register, we will:



- Give you a **Max Card**.

A **Max Card** is a card you can use to get money off lots of activities across England.



- Send you online newsletters with information about services you can use.



You can find out more about the disability register by visiting this website:

arena.westsussex.gov.uk/-/disability-register

Family Information Service (FIS)



Our Family Information Service (FIS) shows families where to find information and support in their area and online.



Most families can use this service if they have children or young people aged 0 to 19.



Families can also use the service if their child or young person has extra needs and is aged 25 or younger.



You can visit the Family Information Service website to find out more:

<https://familyinfoservice.westsussex.gov.uk/SynergyWeb/FSD>

Targeted support



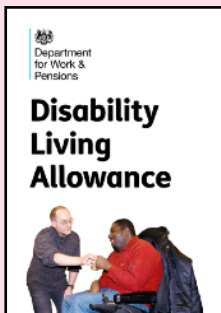
Targeted support is Short Breaks services for children and young people who are younger than 18 and live in West Sussex.

Your child or young person can get targeted support if they get money from these benefits:



- Personal Independence Payments (PIP).

OR



- The middle or higher **rate of care** for Disability Living Allowance (DLA).

The **rate of care** is how much support someone needs because of their disability or health condition.



Your child or young person can also get targeted support if they have the same needs as someone else who gets these benefits.



You should talk to organisations that offer targeted support to find out if your child or young person can use their services.

Targeted support in West Sussex can include activities like:



- **Holiday playschemes** - these are activities in the school holidays.



- **Youth clubs** - these are clubs where children and young people meet up to do activities.



- **Accessible sports** - these are sports that disabled children and young people can take part in, like everyone else.



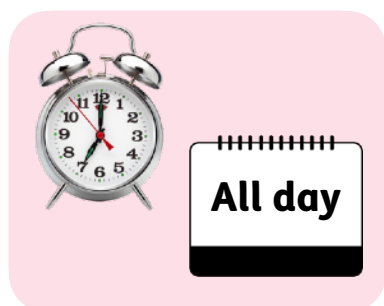
- Activities for the whole family to enjoy together.

About Short Breaks

When and where do Short Breaks happen?



Short Breaks happen when schools and colleges are closed.



They can last for a few hours or all day.



Short Breaks happen in lots of places in West Sussex, like at leisure centres and some schools.

Who runs Short Breaks?



You can look at a list of the organisations that run Short Breaks services in West Sussex here:

www.westsussex.gov.uk/local-offer/information/care-and-support/community-activities-and-short-breaks

How do I know if a Short Breaks service is good?



We do lots of checks to make sure that organisations who run Short Breaks do their jobs properly.



If an organisation asks you what you think about their Short Breaks service, please tell them what you think.



If you are not happy with the service, you can usually fix the problem by talking to staff about it.



If this does not fix the problem, you can make an official complaint to the organisation.

How much do Short Breaks cost?



West Sussex County Council helps pay for Short Breaks, so you will not have to pay the full price.



You will usually pay around £5 an hour or £30 for a whole day.



But the price will be different for different activities and organisations.



You may have to pay more if there are extra costs, like paying for taxis or other transport.

How to sign up



When you find a Short Breaks service that is right for your child or young person, you should contact the organisation that runs it.



You should ask about the activities they run and if they have room for your child or young person.



You can also ask questions to help you choose activities that would be right for your child or young person.



The organisation will tell you how to sign up for their service.



They will ask you questions about your child's or young person's needs to make sure they can support them.



If an activity is not right for your child or young person, the organisation can help you find a different activity.



If there is not enough room, your child or young person might have to wait before they can get the service.

While you are waiting, you can:



- Get information and support from the organisation, like from their Facebook page.



- Look at other Short Breaks services to check if they have room for your child or young person.

What families have said

Families have told us that Short Breaks can be good for children and young people because:



- They can have a break away from their families.



- They can take part in activities and events in their local area with the right support.



- They can try new fun activities and spend time with other children and young people.



- They can learn new things and have new experiences.



- They can enjoy activities with their families.

Families have told us that Short Breaks can be good for parent carers and families because:



- They can have a break from looking after their child or young person with SEND.



- They can feel sure that their child or young person is safe and having fun with staff who know how to support them.



- They can meet other families who have children and young people with SEND.



- They can spend time with other family members and friends.



- They can spend time in a safe place that includes everyone.

Find out more



You can find out more about Short Breaks on our website:

www.westsussex.gov.uk/local-offer/information/care-and-support/community-activities-and-short-breaks



If you have any other questions about Short Breaks, please contact us by email:

shortbreaks@westsussex.gov.uk



You should also email us if you need this information in a different way, like a paper copy.

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