



## A Little Oaklands Guide to: Respite

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## What is respite?

Respite, sometimes referred to as 'short breaks' is an opportunity to recharge batteries, spend time with others or pursue a particular interest. It can also allow your child to have a change of scene, try different experiences, have fun, and make friends.

There are a number of different forms of respite or short breaks which may be available for families of children with disabilities:

- local authority or voluntary sector specialist residential units
- home support services
- holiday playschemes (often run at special schools)
- local authority and voluntary sector short breaks (e.g. Shared Care Scotland family based schemes) which has a list on their website
- befriending schemes
- day care
- provision within supported housing
- holidays (with care and support) for users
- arrangements where the carer and the dependent relative/friend remain together
- The Children's Hospice Association Scotland (CHAS) is a charity that provides hospice services in Scotland for children and young people with life-shortening conditions

Following an assessment of need of a child called a Section 23, a social worker should be able to advise the family on access to respite.

## What is a Section 23 Assessment?

### Social Work Assessment (Section 23)

If your child has a disability or a long-term health condition, then you are likely to require additional help with family life. The social work department of your local authority has a duty to assess the needs of your child. This is called a Section 23 Assessment. Edinburgh has a social work team dedicated to working with children with disabilities.

Be prepared to wait for an assessment (sometimes several months). A social worker will come to your home to assess your child/young person's needs. The assessment will be based on a range of factors such as your child's health and behaviour, but also on your family's circumstances and your home environment. The section 23 assessment should be reviewed periodically and particularly when there has been a change in circumstances/needs.

The type of support provided varies from one local authority to another but is likely to include:

- Getting you a break from caring (or respite care) – examples are: a holiday playscheme, a few hours of help each week in the home, or weekend overnight care for children with high care needs.
- Equipment and adaptations for your home with advice from an Occupational Therapist.
- Providing access to practical assistance and advice on your caring role, for example: with travel, special cutlery, sleep and toileting, signposting to benefits services.

A Section 23 assessment may result in a further assessment by an occupational therapist (OT). The OT will decide whether your child requires aids and adaptations to your house.

## Is there help available without social work intervention?

This is a list of resources and organisations for children and young people and their families in Edinburgh who are affected by disabilities, but are high functioning/attending mainstream school and do not meet the criteria for Children Affected by Disabilities team for further assessment. This list was originally created by Ian Bowley (Children Affected by Disabilities Team).

### Respite, social clubs and support

#### Lothian Autistic Society

Lothian Autistic Society (LAS), provide information and social clubs for young people affected by Autism. They also provide support to siblings of children with a disability.

Tel: 0131 661 3834

Email: [www.lothianautistic.org](http://www.lothianautistic.org)

#### Children First

Children First is a Scottish charity that offers a wide variety of services to children and their families. Among other services they offer befriending to children and also provide support to young carers.

[www.children1st.org.uk](http://www.children1st.org.uk)

Tel: 0131 446 2300

#### The Action Group

The Action Group offers a wide range of social groups and activities to children and their families. They also run a support/activity group for siblings of children with a disability.

[www.actiongroup.org.uk](http://www.actiongroup.org.uk)

Tel: 0131 475 2315

#### Edinburgh Young Carers Project

Edinburgh Young Carers Project works with young people aged 5 to 20 years old who care for or are affected by someone else at home - usually a parent or sibling. They offer support, advice, respite and outreach support to children.

[www.youngcarers.org.uk](http://www.youngcarers.org.uk)

Tel: 0131 475 2322

### First Hand

First Hand offer a wider range of childcare and respite services to families with children with a disability up to 18 years of age who are not eligible for statutory funded services.

[www.firsthand-lothian.org.uk](http://www.firsthand-lothian.org.uk)

Tel: 0131 523 1322

### Safe Families for Children

Safe Families for Children partners with local authorities, working hand-in-hand with the children's social care teams responsible for assessing the needs of children and families, and for finding them the tailored support that they need.

<https://www.safefamiliesforchildren.com/>

Tel: 0131 603 8430

### FABB Scotland

FABB Scotland runs a number of youth and social clubs for children with disabilities in Edinburgh and the Lothians.

Tel: 0131 475 2313

[www.fabb.org.uk](http://www.fabb.org.uk)

### Whizz-Kidz

Whizz-Kidz is a nationwide charity that runs a whole range of other services for young wheelchair users including residential camps, social clubs and wheelchair skills training.

[www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk)

Tel: 020 7233 6600.

### The Yard

The Yard Adventure Centre run number of social clubs and summer programme for children and young people with all ability levels. They run family sessions every Friday 1pm to 4pm and Saturday 12noon to 5pm.

[www.theyardscotland.org.uk/](http://www.theyardscotland.org.uk/)

Tel: 0131 476 4506

### Venture Scotland

Venture Scotland offers an outdoor-based personal development programme which empowers vulnerable young people aged 16-30, who face complex and difficult problems.

They build the confidence and skills of young people and aim to empower each individual they work with to make positive and lasting changes in their lives and play a positive role in their communities.

Offices 1 & 2, 4 Norton Park EH7 5RS

Tel: 0131 661 6786

Email: [admin@venturescotland.org.uk](mailto:admin@venturescotland.org.uk)

### Childcare4All

Childcare 4 All work alongside staff in mainstream childcare settings, including private nurseries, after school clubs, holiday clubs, playgroups and child-minders in order to develop their capacity to include children with additional support needs within their services.

This support includes practical assistance and advice as well as inclusion funding which can increase staffing levels in mainstream childcare settings to support children with Additional Support Needs.

Children can be referred to Childcare 4 All by professionals, parents or the setting themselves. Any registered Childcare Provider can contact the service directly for advice and support.

<http://www.capability-scotland.org.uk/>

Tel: 0131 347 1027

### Residential Respite

#### Calareidh

Calareidh  
35 Bingham Drive  
Edinburgh  
EH15 3LA

Tel: 0131 669 8180

#### Sunndach

Sunndach  
31 Kestrel Brae  
Ladywell West  
Livingston  
EH54 6GX

Tel: 01506 463 706

Sunndach and Calareidh are part of Children's Services within NHS Lothian's University Hospitals Division, caring for children with complex disabilities who require a high level of nursing and medical care within a community based-environment.

### Seaview Children's Unit

Seaview Children's Unit  
1 Bingham Avenue  
Edinburgh  
EH15 3HZ

Tel: 0131 669 7490

Seaview Children's Unit provides planned short breaks to children and young people from 5 to 17th birthday who have a learning and or physical disability.

### Caern Community Disability Service

Caern House  
5 Gogarmuir Road  
Gogarbank  
Edinburgh  
Edinburgh  
EH12 9BZ

Tel: 0131 339 8840

Caern House is a respite service for children with learning disabilities, physical disabilities or autism based at Gogarbank in Edinburgh. The Community Team offer outreach, holiday hub support, Youth clubs for autistic children in mainstream education. They can also deliver Barnardos Cygnet programme.

### Caern Short Breaks Service

Caern House  
5 Gogarmuir Road  
Gogarbank  
Edinburgh  
Edinburgh  
EH12 9BZ

Tel: 0131 339 8840

Barnardo's Caern provides a short break service for children and young people who have been diagnosed with a Learning Disability, ASD and complex needs. The project is situated on the outskirts of the City of Edinburgh and provides a safe and homely environment to encourage the young people to meet their full potential. Caern is purpose built with the needs of the young people in mind. It has 5 bedrooms, a sensory room, playroom and a garden area with access to a woodland walkway. The staff team are fully trained in a variety of approaches and are fully registered with the Scottish Social Services Council. They work alongside families/carers and other lead professionals such as CAMHS, health care and schools to create support plans that reflect the individual needs of the young people using the service.

### Action for Children – Gilmerton Road Short Breaks Service

Tel: 0131 672 1702

Email: [gilmerton.road@actionforchildren.org.uk](mailto:gilmerton.road@actionforchildren.org.uk)

Gilmerton Road is a home from home setting and has cared for hundreds of children from Edinburgh and the Lothians since it opened in 1998. The service supports children with learning disabilities and their families.

### Rachel House – CHAS (Children's Hospices Across Scotland)

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

Tel: 0131 444 1900

Email: [support@chas.org.uk](mailto:support@chas.org.uk)

Referrals- <https://www.chas.org.uk/request-support-referral>

Rachel House, in Kinross, is a 'home from home' for families. It has a range of facilities including a hydrotherapy room, large accessible garden and lots of areas for relaxing and fun. It also has areas for reflection, bereavement support and care.

Remember: taking a break from caring for your child is not an admission of failure or a way of saying you don't care.

### Other Support for Carers

#### Sleeping Issues

#### Sleep Scotland

<https://sleepscotland.org/>

Tel: 0131 651 1392

Sleep Scotland provides information and support for children and young people who have additional needs and sleeping issues.