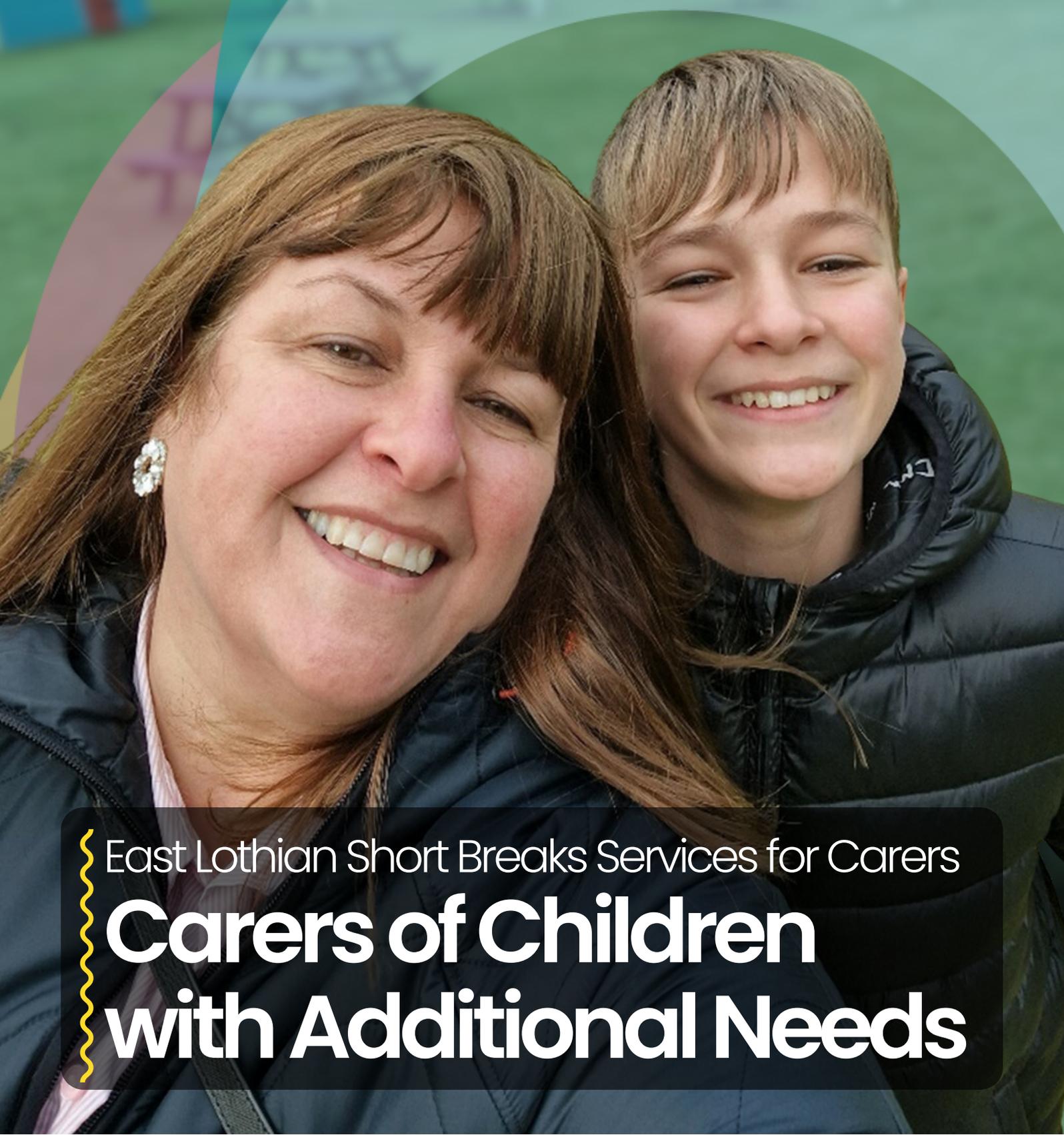




Carers of  
East Lothian



East Lothian Short Breaks Services for Carers  
**Carers of Children  
with Additional Needs**

# CONTENTS

- 1 **Introduction**
- 2 **Help from your Local Carers Organisation**
- 3 **Help from Social Work**
- 4 **Help with the Cost of Breaks**
- 4 **Charges for Support**
- 5 **Groups and Clubs for Children with Additional Support Needs**
- 7 **Short Breaks for Parents and Carers**
- 8 **Specialist Services**
- 10 **How Telecare Technology can help**
- 10 **Important Contacts**
- 11 **List of Local Services**

# What is a Short Breaks Statement

We have written this statement to help give you an idea of the different types of breaks and services that are available within East Lothian to help you to get a break from caring. It also includes details of local services which may be of help to you.

**The information in this Short Breaks Statement is for parent carers of children with additional support needs, whose child is under the age of 16. There are separate Statements for Carers of Adults and Young Carers. If your child is over the age of 16 please read our Adult Short Breaks Statement which has information about other services available for adults.**

## Breaks from Caring

A “break from caring” is any type of service or help that enables a carer to take time away from their caring responsibilities.

Being able to take a break from caring is vital for you to be able to stay healthy. Breaks can help you to take time for yourself, try new activities, allow you to spend more time with your family away from caring, or to take a break away from the person you care for.

## Your right to an Adult Carer Support Plan

All adult carers have the right to an Adult Carer Support Plan (ACSP). Any Carer can complete one of these, regardless of the number of hours, type of caring or regularity of their caring role. Through a ‘good conversation’ your plan should look at what outcomes you want to achieve and what support you need to be able to do so. As part of this process you should always be supported to consider whether you need a break from caring, the difference this will make to you and what kind of break might be the best option for you and the person you care for.

## Help to Arrange a Break

### Help from other friends and family or community supports

As part of the support planning process it might be good to think about whether there are other friends and family members who may be able to spend time with the cared for person so you can have a break from caring. This can also help to maintain relationships with friends and family who may be unsure how they can help.



## Short breaks at home

Short breaks at home and more creative breaks developed in response to the Coronavirus lockdown in 2020 as a way to help carers and their families have some time out from caring routines while other supports may not have been available. We learned that for many carers being able to have a break at home can really help their own health and well-being. As a result many more carers are accessing creative breaks through opportunities for leisure, relaxation or through technology.

## Help from your Local Carers Organisation

### Carers of East Lothian

East Lothian Community Hospital, Haddington  
0131 665 0135

[centre@coel.org.uk](mailto:centre@coel.org.uk)

[Carers of East Lothian – Supporting people who care for family and friends \(coel.org.uk\)](http://coel.org.uk)



Carers of East Lothian can help you with many aspects of arranging breaks from caring. All of the services they provide are free and confidential.

Carer support workers can:

- help you to decide the type of break that would work best for you and the person you care for
- support you to access grants to help towards the cost of your chosen break
- research breaks that are appropriate for your needs
- tell you about other organisations or charities that can provide discounted or free breaks and refer you if necessary
- discuss any barriers to you getting a break e.g. accessibility needs, replacement care options for the person you care for
- liaise with other agencies e.g social work, where necessary
- provide emotional support
- offer opportunities for you to meet other parent carers at their SPACE (Supporting Parent and Carers in East Lothian) support group and Facebook page, training courses and events.

*Ms B, cares for her two young children with complex additional support needs on her own. She is also studying to be a nurse and has a caring role for her two elderly parents. She never gets a break and is constantly exhausted and managing daily challenges and crisis situations. As well as living on a student's budget and minimum benefits. There were no funds or possibilities for her to have any kind of break from caring. However, through the support and connection with our parent/carer peer support group SPACE, she has made some trusting friends. This gave her an opportunity to apply for the Time for Me grant, where she was awarded £300 for a two-night break from caring. Her parent/carer friend looked after her children, while she arranged a two-day glamping break locally. This allowed her to have some "me time" and sleep for two days. Her children joined her on the third day. This was a very happy and needed break from caring for Ms B. She managed to have a relaxing bath and read a book for the first time in many years. Also, she had two good night's sleep, and this helped improve her mental health and wellbeing. The whole experience evidenced to her that a break from caring is a vital need for her to continue as a primary carer and also gave her the opportunity for self – care and a safe space to decompress from the challenges of day to day life a carer.*

Personal Account 1

## Help from Social Work

### Children's Services

01875 824 309 (Contact Centre)

[communityaccess@eastlothian.gov.uk](mailto:communityaccess@eastlothian.gov.uk)

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

If you need more support, and especially where you can't take a break without alternative care being provided for the person you care for, East Lothian social work department can help you to arrange a break. A social worker will talk to you about your needs and the needs of the person you care for, to make sure you find a break that suits you both.

If you, or the person you care for, are assessed as being eligible for support social work may also be able to provide assistance with the cost of a break, known as a personal budget.

If you have a budget from social work, you can decide how you wish to spend it, this is known as Self-Directed Support.

Self-directed Support: A guide for carers is available here: [Self-directed Support: A Guide for Carers – gov.scot \(www.gov.scot\)](http://www.gov.scot)

# Help with the cost of breaks

## Carers of East Lothian – Time for me Fund

Carers of East Lothian offers their own small grants scheme with funds provided by the Scottish Government and East Lothian Health and Social Care Partnership. Adult carers, parent carers and young carers can apply for a Time for Me grant to help with the cost of a break from caring.

Contact Carers of East Lothian directly for information about how to apply for a Time for Me Grant

## Charity Grants and Free/Subsidised holidays

You may also be able to get a grant from a charity towards a break. Some charities offer free, or subsidised stays in caravans or other holiday accommodation instead of money.

You can apply directly to charities in some cases, although others ask for a supporting letter or referral from a professional. Carers of East Lothian may be able to support you with this.

Carers of East Lothian and social work can also offer advice and support with finding grants.

*Mrs P Cares for her son age 14, living with a severe and complex disability, cerebral palsy and visual impairment (registered blind). He needs 24 hour support with all activities of daily living including mobility, communication, to eat and drink, with continence and in keeping safe and doing the things he enjoys. There are no external agencies involved and Mrs P, her husband and other children all help to care for him. Mrs P said what would really make a difference was to have a short break with her youngest son (young carer) and said that she wanted to have "time to relax, breathe, read a book and sleep. She said "The break was wonderful and we both felt totally relaxed and enjoyed the precious time together. A break away from the norm, my son loves being away from home and a change of scenery. It was amazing and we spent some magical time together."*

Personal Account 2

# Charges for support

Any services provided to meet Carer need cannot be charged for since the introduction of the Carers Waiving of Charges for Support regulations (2014) and the Carers Scotland Act (2016)

Your need for a break will be discussed as part of your ACSP and if your needs meet local eligibility criteria you will not be charged for support.

# How to Plan Your Break

When you start to plan your break you might want to think about:

- how long you want your break to be for
- the age group of the person you care for
- the type of services that might best suit you and the person you care for.

## Types of Services

The following is information on the different types of breaks available in East Lothian.

The information is presented beginning with short breaks and universal supports through to longer breaks and more specialist support which usually require social work assessment and referral to.

There is a list of providers offering these breaks and care services at the end of the document.

**All efforts have been made to ensure information is correct at time of publication, however local services are subject to change**

## Groups and Clubs for children with Additional Support Needs

There are lots of activities on offer to support children with additional needs to participate in fun activities while their parent/carer has a short break:

- Team United [enquiries@teamunited.org.uk](mailto:enquiries@teamunited.org.uk)  
Offer Sports/football for ASN children with Autism age 10-24
- Venturing Out [Inclusive outdoor activities in East Lothian – Venturing Out](#)  
Outdoor activities including water based, coast steering, climbing, cycling for school age children
- The Wave Project [The Wave Project | The Surf Therapy Charity](#)  
Surf Therapy in Dunbar for young people aged 8 to 21
- Muirfield riding therapy [Contact | Muirfield Riding Therapy](#)  
Promoting physical and mental health for all ages through activities with horses.
- Port Seton Community Centre: [WHAT'S ON | Port Seton Centre MC](#)  
ASN Stay and Play for 0-5 yrs, ASN Youth Club 5-16 yrs

- ZAP: [ASN Club | North Berwick Youth Project | Scotland](#)  
Youth club for young people (p7+) with additional support needs
- Beyond Boundaries East Lothian - [BBEL.org.uk](#)  
Cycling and water activities for people aged 16+
- Musselburgh Flyers - find them on [www.facebook.com/musselburghflyer](http://www.facebook.com/musselburghflyer)  
Inclusive Swimming Club for young people of all abilities
- Enjoy Leisure [Disability Sports - enjoyleisure](#)  
Disability sports programme offers a range of organised activities, contact your local sports centre to find out what's on.
- Soft play ASN and sensory play sessions:
  - Whitekirk Hill 'quiet play' sessions [Whitekirk Hill - QUIET TIME TUESDAYS - Every Tuesday](#)
  - Jabberwocky - call on **tel: 01620248070**
  - Jump in (Musselburgh) [EDIN - SEN Session - Jump In Trampoline Park Edinburgh \(gojumpin.com\)](#)
  - Loch centre (Tranent) - [lochcentresports@enjoyleisure.com](mailto:lochcentresports@enjoyleisure.com)  
01875 824140
  - Nungate (Haddington) - Monthly sensory play sessions ASN  
Children age up to 11
- The Fraser Centre [Films & Live Events - The Fraser Centre](#)  
  
Relaxed cinema for children with additional support needs  
  
**Brunton Youth theatre:** join a local group or enjoy an autism friendly showing  
  
**Heavy sound:** for vulnerable and disengaged young people and adults (at capacity, June 2023)
- STAND - [Follow STAND on Facebook for updates and new sessions.](#)
- The Yard, Edinburgh ([theyardscotland.org.uk](http://theyardscotland.org.uk))  
adventure play services for disabled children
- Discounts for unpaid carers available at: Enjoy Leisure, Foxlake, John Muir alpacas, Seabird centre, National Museum of flight.
- Dunbar ASN Community Collective - [dunbarasn@gmail.com](mailto:dunbarasn@gmail.com) - 07752752938



# Short Breaks for Parents and Carers

There are various specialist community based services that allow children with additional support needs to meet with their peers, while their parent/carer has a short break:

- **Can Do: fun, friendship and adventures for children with disabilities in East Lothian** ([www.can-do.scot](http://www.can-do.scot))

Provides playschemes in North Berwick, Prestonpans and Tranent during the Easter, Summer and October school holidays. The children who attend have a range of disabilities including autism and are aged 5 to 16 years. A wide variety of activities are offered including horse riding, swimming, art and music and outings. They also run the Star Youth Club for teenagers with additional support needs. There is a waiting list for this service and referrals are through health or social work.

- **The Star Youth Club**

is a specialist weekly youth club supporting teenagers aged 12 – 18 with additional support needs. There is a waiting list for this service and referral is via health and social cares services

- **The Pennypit Special Needs Youth Club**

A Youth Club for 15-25 year olds with additional support needs who reside within East Lothian.

- **Edge Group Scotland**

Based in Musselburgh they are a transitions service for school leavers (aged 18-35) with additional support needs, a fully supported programme which provides life skills and outdoor adventures they also offer "Supported respite breaks, weekly clubs and epic days out"

- **Scottish Autism**

in Musselburgh provide an outreach service for a minimum of three hours between 7am – 10pm. They are registered to work with children and adults. The service can be accessed through social work



## Specialist Services

There are a number of specialist services available in East Lothian, some of which require social work assessment and may only be available to children and young people who are eligible. These children will have a budget and a support plan. Examples of breaks that could be included in the support plan are:

- The **Share the Care service**, run by the Children's Disability Team. This service provides support to children with a disability and their families by offering regular breaks in a share the carer's home, the child's home or the local community.

These breaks give children the opportunity to take part in different activities and make new friends while giving their carers some time for themselves or with other members of the family. Breaks using the Share the Care service can either be short day time breaks, overnight breaks, or for longer periods of time.

- **Aberlour** – Options Disability Service – Offer short breaks for families where a child or young person (up to 23 years) has a disability. They support children and young people with learning disabilities, autism or more complex physical and health needs.
- **Action for Children** – Gilmerton Road Short Breaks Service – a residential short break service in a home from home setting for children and young people. The service supports children with learning disabilities and their families.
- **Barnardos – Caern Short Breaks Service** – A short breaks service for children and young people who have been diagnosed with a Learning Disability, ASD and complex needs.
- **Common Thread** in Tranent provides residential care for a maximum of three young people with complex needs for whom the alternative would likely be secure accommodation. The service is for those aged 8 – 18 years and can be accessed through social work, or directly.
- **The Action Group** in Haddington are registered to work with children and adults who have learning disabilities, physical disabilities and autism. The service provides daytime support, overnight care at home and support for people with disabilities to attend mainstream activities and services.

- **Care agencies** can offer a break from caring by providing a support worker to help the child go to local clubs and activities. These providers are registered with the Care Inspectorate to deliver services to children and their families and have been through a tendering process to ensure they meet Health and Social Care Quality Standards and are on the East Lothian Health and Social Care Framework. Current providers on the Children's Framework are:

### Allied Healthcare

#### ELCAP

#### Enable

You can also find out more about a service including their care grades by looking at the inspection reports on the Care Inspectorate [website](#).

- **Direct Payments** allow you to organise and purchase the care you feel best meets your child's needs. This is the most flexible way of directing your child's support.

You can become an employer and recruit a Personal Assistant (PA). A PA can help with day to day routines, provide longer periods of support or even go away on holiday with you and your child. Links to further information on direct payments and self-directed support are provided at the end of the document.

*Sarah looks after her son, Jason aged 14, who has a learning disability. Jason has a personal budget from Children's Services that is used to purchase some 1:1 support from a personal assistant (PA).*

*In addition Sarah felt she needed a break from caring. There was enough budget available for Sarah and Jason to plan a visit to a holiday park. Sarah arranged for Jason's PA to come away with them. Jason's PA provided all the personal care and support needed to allow Sarah to have a break.*

*Although Sarah is familiar with how direct payments work, she knows she can contact her local support organisation, Lothian Centre for Inclusive Living (LCIL), at any time for advice and support.*

*Jacqueline cares for her son, David 9, who has learning disabilities, as well as epilepsy. He often has seizures at night that requires monitoring, medication and personal care. Jacqueline provides most of the care for David during the day, when he is not at school, but needed a regular break overnight.*

*David was assessed by a social worker from the children's disability team as eligible for support. Support planning with the family led to a link with a share the carer and now David receives a monthly short break. David enjoys spending time with the Share the Carer and her family. Jacqueline is able to relax and have a break knowing her son is well cared for and happy.*

### Personal Account 3 – Overnight Support

### Personal Account 4 – Using a Personal Assistant

- **Residential Short Breaks** For children with the most complex needs. Their support plan may identify a short overnight break in a residential respite unit. Your social worker will be able to support you to find a suitable resource based on your child's needs

## How Telecare Technology can Help Parent Carers of Children

- Telecare can help you care for your child and can reassure you that your child is safe. There are a range of sensors that can be fitted in your home for example door sensors, bed sensors and window sensors.

*Ben is 6 years old and has autism and learning disabilities. His Mum and Dad say, "Ben is as fast as lightning. You need eyes in the back of your head when he is around!" Ben often wakes up in the middle of the night and gets up. One morning he managed to climb over the stairgate on his bedroom door. After this incident his Mum had interrupted sleep keeping an ear open in case Ben went wandering.*

*We put Ben's parents in touch with the Telecare Team who put sensors on Ben's bed and bedroom door, they also fitted sensors on his bedroom, the lounge windows and the back door. You still need to keep a watchful eye on speedy Ben but his parents appreciate the additional reassurance this technology offers.*

Personal Account 4 -  
Using Telecare

## Important Contacts

### **Local Organisations**

#### **Children's Services**

Randall House  
Macmerry Business Park  
Macmerry  
EH33 1RW  
01875 824 309 (Contact Centre)  
[communityaccess@eastlothian.gov.uk](mailto:communityaccess@eastlothian.gov.uk)  
[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

#### **East Lothians Young Carers Service**

East Lothian Council  
John Muir House,  
Haddington  
EH41 3HA  
[youngcarers@eastlothian.gov.uk](mailto:youngcarers@eastlothian.gov.uk)  
[Young carers | East Lothian Council](http://www.eastlothian.gov.uk/youngcarers)

#### **Carers of East Lothian**

East Lothian Community Hospital  
Alderston Road  
Haddington  
EH41 3PF  
0131 665 0135  
[centre@coel.org.uk](mailto:centre@coel.org.uk)  
[Carers of East Lothian – Supporting people who care for family and friends \(coel.org.uk\)](http://www.coel.org.uk)

## **National organisations**

### **Shared Care Scotland**

Unit 2, Dunfermline Business Centre  
Izatt Avenue  
Dunfermline  
Fife  
KY11 3BZ  
01383 622462  
[office@sharedcarescotland.com](mailto:office@sharedcarescotland.com)  
[Shared Care Scotland](#)

### **Carers Scotland**

Suite 1B  
38 Queen Street  
Glasgow  
G1 3DX  
0141 378 1065  
[info@carerscotland.org](mailto:info@carerscotland.org)  
[Scotland | Carers Scotland \(carersuk.org\)](#)

## **List of Local Services**

### **East Lothian Health and Social Care Partnership**

[Social care and health | East Lothian Council](#)

### **Care Inspectorate**

[Welcome to the Care Inspectorate](#)

### **Self-Directed Support**

[What is Self Directed Support? | Self Directed Support | East Lothian Council](#)

### **Employing Personal Assistants and Direct Payments**

[Option 1 | Self Directed Support | East Lothian Council](#)

### **Telecare**

[What is the Community Alarm service? | Community Alarm and Telecare Service | East Lothian Council](#)

### **Euan's Guide**

[Euan's Guide - Access Statement \(euansguide.com\)](#)

### **Shared Care Scotland**

Directory has information on short break and respite services covering all forms of service including: home-based and residential respite, family placements, befriending, holiday breaks and accessible guest houses and hotels.

[Short break providers | Shared Care Scotland](#)

### **Carefree**

Transforms vacant hotel accommodation into vital breaks for unpaid carers

[Take a break - Carefree \(carefreespace.org\)](#)

**ASN Sessions East Lothian - [Click here](#)**

## Website Information

The following are some examples of services based in East Lothian. For information on services out with the area you may wish to contact the relevant Local Authority for their own Short Breaks Services Statement.

Provider	Office Address	Contact Details
Care at Home Agencies – Framework Providers		
Allied	Macmerry Business Park, Macmerry	01875 619140 <a href="#">Allied Healthcare   Care and support services to live your life independently</a>
ELCAP	Woodbine Cottage, West Loan, Prestonpans, EH32 9WU	01875 814114 <a href="#">Home - ELCAP</a>
Enable	Unit 4, Newhailes Business Park, Musselburgh	0300 0200 101 <a href="#">East Lothian - ENABLE Scotland</a>
Clubs and Play schemes for Children and Young People		
East Lothian Special Needs Playscheme	North Berwick	01620 893 056 <a href="mailto:elsnp@eastlothian.gov.uk">elsnp@eastlothian.gov.uk</a>
The Star Youth Club	8 Law Road, North Berwick	01620 893823 <a href="http://www.elsnp.com">http://www.elsnp.com</a>
Pennypit Special Needs Youth Club	Pennypit Centre, Rope Walk, Prestonpans	01875 819635
Other Services		
Share the Care	Run by East Lothian Health & Social Care Partnership	Contact through social work 01875 824 309
Aberlour (Bankfoot)	5 Bankfoot, Prestonpans <a href="http://www.aberlour.org.uk/service/options-lothian">www.aberlour.org.uk/service/options-lothian</a>	01875 814114 <a href="#">Home - ELCAP</a>
Action for Children	Gilmerton Road, Edinburgh <a href="#">Gilmerton Road Short Breaks Service   Action For Children</a>	Contact through social work 01875 824 309

Provider	Office Address	Contact Details
Barnardos Caern	Gogarbank, Edinburgh <a href="http://www.barnardos.org.uk">Caern Short Breaks Service   Barnardo's (barnardos.org.uk)</a>	Contact through social work 01875 824 309
Scottish Autism	17d North High Street, Musselburgh	Contact through social work 01875 824 309 <a href="http://www.scottishautism.org">http://www.scottishautism.org</a>
The Action Group	1 Court Street, Haddington	01620 823282 <a href="http://actiongroup.org.uk">http://actiongroup.org.uk</a>
Edge Autism Ltd	Suite 1, Summers House, Station Road, Eskmills, Musselburgh	0131 273 4377 <a href="http://www.edgeautism.com">http://www.edgeautism.com</a>