

Short Breaks

October 2010- March 2011



We are offering a range of exciting fun breaks for disabled children and young people aged 0-19 years old living in or looked after by London Borough of Barnet. See the back page for details on how to apply!



Adventure Days for 9-19 year olds

Who for: 9-19 year olds with Autistic Spectrum Condition, challenging behaviours, severe learning difficulties, complex health needs, physical, cognitive and/or sensory impairments. We would really like to encourage girls and young people who have not previously taken part in outdoor sporting activities to join this short break.

Activities: Outdoor activity days at Herts Young Mariners Base in Cheshunt. We will support a group of young people to do adventure activities, such as sailing, kayaking, bellboating, caving, climbing and bushcraft skills. Young people will be supported on either a one to one basis or in a small group depending on their needs. Young people will be transported to and from the Activity Centre in fully accessible transport.

Venue/meeting place: The coach leaves from Barnet Odeon at 9am and returns 5pm each day

Days and Times: 4 days as follows: Thursday 28th October 2010, Thursday 24th February 2011, Sunday 6th March 2011 and Sunday 27th March 2011. 9-5pm



2-Night Sleepovers for 8-11 year olds.

Who for: 8-11 year olds with Autistic Spectrum Condition, challenging behaviours, severe learning difficulties, complex health needs, physical, cognitive and/or sensory impairments. This is particularly suitable for children who have not stayed away from home before.

Activities: Weekend breaks leaving on Friday evening and returning Sunday lunchtime at Northern Heights in Elstree. Activities include nature trail, night walk, cooking, bird watching, miniature assault course and wide games. Information sessions will be held for children and parents to ensure they are well prepared and take part in the planning of the stays.

Venue/meeting place: Minibus leaves from IPOP office for each trip. Children are dropped home on the return.

Days and Times: 6 weekend breaks as follows- 29th-31st October 2010, 10th-12th December 2010, 21st-23rd January 2011, 18th-20th February 2011, 25th-27th March 2011 and one more weekend to be confirmed. Trips leave at 4pm on Fridays and return approximately 2pm on Sundays.



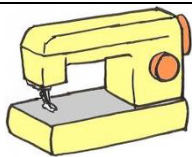
Introduction to Music for 13 to 19 year olds

Who for: 13 to 19 year olds with Autistic spectrum condition, learning difficulties, complex needs, sensory impairments and physical difficulties. Particularly suitable for young people who have not yet had the opportunity to undertake musical activities and because of their needs would benefit from introductory sessions to get to a level where they can participate in mainstream music sessions.

Activities: Weekly Music workshops at Canada Villa with Rithmik. enabling a group of 12 young people to create music once a week for 8 weeks using vocals, live instruments and production software. Young people will be introduced to opportunities to join other sessions running at Rithmik.

Venue/meeting place: Rithmik Music Studios, Canada Villa Youth Centre, Mill Hill.

Days and Times: Two introductory sessions in November and December 2010 (dates TBC) followed by a course of eight sessions to be held on Friday evenings 4-7pm between 14th January and 25th March 2011.



Fashion Design Workshops for 11-19 year olds

Who for: Disabled young people aged 11-19 years. Particularly suitable for young people with physical disabilities/ complex medical needs who would like to design clothing suitable for their physical needs.

Activities: Weekly workshops aimed at teaching young people to design clothing with Sew it Goes. IPOP will support a group of young people to take part in Fashion workshops run by 'Sew it Goes', culminating in a public show. The programme will support young people to design their own clothing and will have an emphasis on accessible clothing for young people with physical disabilities and those with coordination difficulties. Young people can try a range of activities from designing garments, learning basic sewing machine skills to making a bag or wallet.

Venue/meeting place: Arts Depot, North Finchley.

Days and Times: A course of ten sessions to be held on Saturday afternoons 2-5pm between 22nd January- 2nd April 2011.



Choose, Plan and Go! for 12-19 year olds

Who for: Young people aged 12-19 years with learning difficulties, Autistic Spectrum Condition, complex health needs and physical and sensory disabilities.

Activities: A programme to support disabled young people to plan and carry out social activities of their choice. Always wanted to organise your own social life, but could do with some help? You will meet with your Choose, Plan and Go Support Worker who will help you plan and book three outings of your choice, decide who to invite and then go on the outings with you and your friends to make sure you have all the support you need. You could do anything from bowling to theatre to swimming or something even more exciting- it is really up to you! You will pay for cost of your own entry tickets for your activity (e.g. cinema) and transport costs but we will help you budget. You will not pay for your support worker to attend with you.

Days and times. To suit you between October 2010 and March 2011



1-Night Taster Breaks to Lee Valley for 10-19 year olds

Who for: 10-19 year olds with Autistic Spectrum Condition, physical, cognitive and/or sensory impairments, complex health needs and/or severe learning difficulties. These breaks are particularly aimed at young people who have not had the opportunity to stay away from home and need a short local break to gain some confidence in preparation for a longer break in the future.

Activities: We will stay in accessible accommodation at Lee Valley Youth Hostel and undertake adventure activities at Herts Young Mariners Base during the day. The base has a lakeside hoist to allow young people to access boats and caving and climbing will be adapted for young people with mobility difficulties. The young people will be supported by a team of experienced IPOP support workers who will facilitate their inclusion into the activities. Young people will be transported to and from the youth hostel in accessible transport. One-to-one support or group available for young people depending on need. Information sessions will be held for young people and parents to ensure they are well prepared and take part in the planning of the stays.

Venue/ Meeting place: Coach leaves from and returns to Barnet Odeon.

Days and Times: 2 breaks- Tuesday 22nd - Wednesday 23rd February 2011 and Saturday 12th- Sunday 13th March 2011. Trips leave at 11am on outward date and return at approx 2pm on return date.



Martial Arts Saturday classes for 8-19 year olds

Who for: Young people aged 8-19 years with Autistic Spectrum Condition, challenging behaviours, severe learning difficulties, complex health needs, physical, cognitive and/or sensory impairments. We would particularly like to encourage girls and young people who have not taken part previously in sports to join this activity.

Activities: Taught by SAS Martial Arts the classes will involve stretch programmes, breathing techniques, co-ordination of movement plus lots more. Lots of workers available for children with high support needs. The emphasis will be on fun, fitness, self-discipline and confidence.

Venue: Greentop Centre in Grahame Park NW9

Days and Times: A course of eight sessions running on Saturday mornings from 10am -12.15pm between 13th November 2010 and 12th February 2011



Arts and Crafts Sessions for 0-5 year olds

Who for: Babies and children aged 0-5 years old and their parents/carers

Activities: Weekday morning arts sessions for under 5's and their families. We will provide a range of art materials such as, finger paints, crayons, and playdoh, to encourage the children to explore different textures and forms. We will provide large rolls of paper so the children can use their hands to create pictures and patterns. There will also be sensory equipment, musical instruments and toys for the children to play with. Parents can leave their children with the support playworkers or stay to take part in the activity and meet other parents/carers.

Venue: Greentop Centre in Grahame Park. NW9

Days and Times: One session a month on Monday mornings- 15th Nov & 13th Dec 2010, 17th January, 14th February, 14th March 2011 and one more date TBC

How to apply for a place on any of these Short Breaks

If your child has a Disabled Children's Team or Transitions Social Worker, then you must contact them in the first instance to say you would like to be considered for one or more of these places. This is because a number of places on these short breaks have been set aside for children who have a service from the Social Work teams and they will make the decision on these places. If you prefer, we can contact the social worker on your behalf.

Don't have a social worker? Then you can apply directly to IPOP for one or more of these places.

There are a set number of places available at each activity so it would be helpful if you can contact us as soon as possible. If we have more demand than places, we will allocate fairly according to needs of the young person and family. Please note- we need lots of time to make sure the short break is properly planned for your child/young person so we would like applications for all activities to be made at least three weeks before the start date.

To find out more, phone IPOP on 020 8441 0404 or email shortbreaks@ipop.org.uk