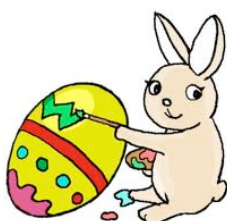


# Short Breaks April 2011



**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!**



## **Easter Playscheme for 8-11 year olds**

**Who for:** Children aged 8-11 years old with Autistic Spectrum Condition, challenging behaviours, severe learning difficulties, complex health needs, physical, cognitive and/or sensory impairments.

**Activities:** A 9-day play scheme for children between the ages of 8-11 years old during the 2 weeks of the Spring break holiday. The activities will be based around an Easter bunny theme. There will be arts and crafts where the children can enjoy creating bunny baskets, cooking such as making edible birds nest, sports activities and games including a chocolate egg hunt, as well as general play, making use of the ball court and outdoor play area. IPOP will provide the staff for this play scheme, with a mixture of one to one and group support to enable children of all abilities to interact and socialise together.

**Venue:** Greentop Centre in Lanacre Avenue, Grahame Park NW9 5FN

**Days and Times:** Week 1 Monday 11<sup>th</sup> April - Friday 15<sup>th</sup> April 2011  
Week 2 Monday 18<sup>th</sup> April – Thursday 21<sup>st</sup> April 2011  
Playscheme open from 9-4pm



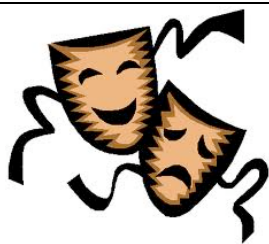
## Adventure Days for 9-19 year olds

**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:** 2 days as follows: Thursday 14<sup>th</sup> April and Thursday 21<sup>st</sup> April 2011. 9-5pm



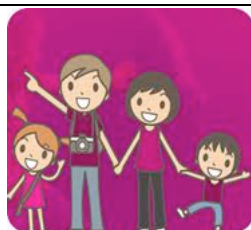
## Drama and Dance 3- Day Course for 13-19 year olds

**Who for:** 13- 19 year olds with Autistic Spectrum Condition, challenging behaviours, severe learning difficulties, complex health needs, physical, cognitive and/or sensory impairments. We would like to encourage young people who have previously not taken part in performing arts to attend.

**Activities:** Drama, Dance and Storytelling Course for Disabled Young People aged 13-19 years old delivered by 3 specialist tutors supported by a team of IPOP Support workers at Finchley Youth Theatre. An inclusive workshop programme that will use drama, physical theatre, dance and music to devise a short performance to be presented on the final day to an audience of family and friends.

**Venue:** Finchley Youth Theatre, 142 High Road East Finchley N2 9ED

**Days and Times:** Monday 11<sup>th</sup> April, Tuesday 12<sup>th</sup> April and Wednesday 13<sup>th</sup> April  
All days 11am- 3pm. We would expect the same young people to attend all three days as it is a progressive course leading to a performance.



## **Under 5's Family Day trips**

**Who for:** Families with disabled child/ren under 5 years old

**Activities:** We will provide a support play worker to a family who wishes to have a trip out but will need extra support. The family need to choose and plan their trip – it could be anything from a whole day out to London or just an afternoon in the park playing on the swings!

**Venue:** The family's choice

**Days and Times:** as above



## **1-Night Taster Break 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:** 1 break- Monday 18th April- Tuesday 19<sup>th</sup> April 2011. Trip leaves at 11am on outward date and return at approx 2.30pm on return date.

## **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](mailto:shortbreaks@ipop.org.uk)