

Short Breaks Newsletter



March 2023

This is the second edition of our Short Breaks Newsletter! We received some great feedback in February—we hope you and your family enjoyed reading about, and getting involved in some of the activities from the calendar! There are LOTS of activities being held in the community within Telford and Wrekin for children and young people with disabilities to get involved in that you may not yet be aware of. Hopefully, this newsletter will change that!

The Importance of Annual Health Checks

It is important that everyone over the age of 14 who is on their GP's learning disability register has an annual health check. This can help to improve or maintain health by talking to your GP and finding any problems early, so they can be sorted out. There is evidence that children and young people with a learning disability can often have poorer physical and mental health than other people and this does not necessarily have to be the case. Your child and young person does not have to be ill to have a health check – in fact, most people have their annual health check when they are feeling well!

If you would like to book an annual health check for your child, please call your GP's surgery and they will get you booked in. Getting out and about in the community can also help to improve your child's health, so by attending a sports or social group in Telford, they can build upon their social skills and maybe even increase their fitness! There are several different options and they are all listed on our Local Offer website listed on the back of this newsletter.

Could you support a child or young person with special needs?

The Council and PODS are encouraging local people to consider a job in care. There are a range of job roles available to support a child or young person with special needs in the borough, either full-time or flexible. Some of these job roles do not require previous experience as the Council is providing extensive training. Cllr Shirley Reynolds, cabinet member for Children, Young People and Families, said: "Together with PODS, we are dedicated to offer the best support for the borough's children and young people with special needs. To give more young people with special needs chances to thrive, we need more people willing to support them and their families. As such, we are encouraging local people to consider a job in care and facilitate a range of experiences for young people to develop themselves and take part in the community."

Jayne Stevens, Strategic Co-ordinator at PODS, said: "The families that our Charity involves and supports have told us how important it is to get help from professional staff in caring for their child or young person. Without this support, they feel "overwhelmed", "exhausted" and "isolated", to use their own words. Families are in need of support, a chance to rest, and to keep their families' relationships strong and healthy, as well as giving their children and young people opportunities outside their home and in the local community, keeping them safe at all times." To find out more, please visit www.newsroom.telford.gov.uk/News/Details/16691 or follow the Council's social media pages.

Remember...

Join Our Children with Disabilities Register

The Children Act 1989 required all local authorities to establish a register of children with a disability in their area. To find out more or to request a registration form or information pack, please email shortbreaks@telford.gov.uk.

Working Together at Our Forum

The next Short Breaks Forum meeting is on 15th March, 6-8pm at PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU. You are more than welcome to come along and have a cuppa.

Contact Us

If you have any queries about anything on the newsletter or any activities or events you would like to be added to the newsletter calendar to spread the word and increase attendance, please email shortbreaks@telford.gov.uk.

You can view all parts of our SEND Local Offer, including a copy of our SEND Activities booklet on our website: www.telfordsend.org.uk.



Activities Locations and Booking Information

Below is a list of some of the local things to do for families and young people to get involved in. Follow the link to find out more.

PODS Charity—To book any PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS. For any queries, contact support@podstelford.org

Funky Friday Inclusive Disco—£4 each. The Navy Club, Bellman's Yard. Newport, TF10 7AJ.

Ice Skating—International way, Telford, TF3 4JQ. Pay standard ice skating price upon arrival.

Family Swim—Abraham Darby Leisure Centre, Madeley, TF7 5HX.

Skiing and Tubing—Ski Centre, Court Road, Madeley, TF7 5EE.

SEND Swimming—To book swimming sessions, call the leisure centre directly.

Airea 51 SEN Session—Airea 51, Stafford Park 12, Telford, TF3 3BJ. To nook, visit the Airea 51 website.

Special Yoga—104-106 Southgate, Telford, TF7 4HG. To book, email wolfyoga22@gmail.com or call 07455078527.

Youth Club 20201—104-106 Southgate, Telford, TF7 4HG. To book, call 01952898052.

Local Offer
for Special Educational Needs and Disability

Discover everything you need to know about education, health and care services in your local area for children and young people with SEND 0-25yrs at www.telfordsend.org.uk



Protect, care and invest
to create a better borough

What's on March 2023

| | | Wednesday 1st | Thursday 2nd | Friday 3rd | Saturday 4th | Sunday 5th |
|--|---|--|---|---|--------------------------------------|---|
| | | SNAC Activities 10.30-1.30pm PODS Lego Club 4-5pm Special Yoga 5-6pm PODS Inflationation Session 4-5pm | SNAC Activities 10.30-1.30pm Youth Club 2021 15-18 years 5-7pm | Ice Rink Session 10-12pm | | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 6th | Tuesday 7th | Wednesday 8th | Thursday 9th | Friday 10th | Saturday 11th | Sunday 12th |
| PODS Preschool Sensory Session 10-11:30am Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm | PODS Minecraft Club 4-5pm Airea 51 SEND Session 6-7pm | PODS Lego Club 4-5pm Airea 51 SEND Session 6-7pm Special Yoga 5-6pm | PODS Games Session 4-5pm Youth Club 2021 15-18 years 5-7pm | Ice Rink Session 10-12pm PODS HE Coding Session 11-12pm or 1-2pm | PODS Games Session 11-12pm | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 13th | Tuesday 14th | Wednesday 15th | Thursday 16th | Friday 17th | Saturday 18th | Sunday 19th |
| Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm PODS Code Club 3:45-4:45pm | PODS Minecraft Club 4-5pm PODS Challenge at Home Support 9:30-11:30am Airea 51 SEND Session 6-7pm | PODS Lego Club 4-5pm Airea 51 SEND Session 6-7pm Special Yoga 5-6pm | PODS Cake Decorating 4-5pm Youth Club 2021 15-18 years 5-7pm | Funky Friday Inclu- sive Disco 15+ 7pm Ice Rink Session 10-12pm PODS Mother's Day Mini Pamper 10-11:30pm | PODS Enginuity Session 11-12pm | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 20th | Tuesday 21st | Wednesday 22nd | Thursday 23rd | Friday 24th | Saturday 25th | Sunday 26th |
| Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm | PODS Minecraft Club 4-5pm Airea 51 SEND Session 6-7pm | PODS Lego Club 4-5pm Airea 51 SEND Session 6-7pm Special Yoga 5-6pm | PODS Blists Hill Family Group 10-12pm SNAC Activities 10.30-1.30pm Youth Club 2021 15-18 years 5-7pm | Ice Rink Session 10-12pm PODS Social Group 14-17 year olds 6-7.30pm | | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 27th | Tuesday 28th | Wednesday 29th | Thursday 30th | Friday 31st | | |
| Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm | PODS Minecraft Club 4-5pm Airea 51 SEND Session 6-7pm | SNAC Activities 10.30-1.30pm PODS Lego Club 4-5pm Airea 51 SEND Session 6-7pm Special Yoga 5-6pm | SNAC Activities 10.30-1.30pm PODS Telford Town Park and Football 4-5pm Youth Club 2021 15-18 years 5-7pm | PODS Home Educators 11-12.30pm | | |

What's on April 2023

| | | | | | Saturday 1st | Sunday 2nd |
|--|--|---|---|-----------------------------|---|--|
| | | | | | PODS Telford Town Park and Football 11-12pm | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 3rd | Tuesday 4th | Wednesday 5th | Thursday 6th | Friday 7th | Saturday 8th | Sunday 9th |
| Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm | SNAC Dance Session 11-12pm Airea 51 SEND Session 6-7pm | SNAC Bouncy Castle and Sensory 10.30-1.30pm Airea 51 SEND Session 6-7pm | SNAC Animal Man 10.30-1.30pm Youth Club 2021 15-18 years 5-7pm | Ice Rink Session 10-12pm | | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 10th | Tuesday 11th | Wednesday 12th | Thursday 13th | Friday 14th | Saturday 15th | Sunday 16th |
| Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm | SNAC Yoga 11-12pm SNAC Dance Session 12.30-1.30pm Airea 51 SEND Session 6-7pm | SNAC Circus 10.30-1.30pm SNAC Skills Teaching Time TBC Airea 51 SEND Session 6-7pm | SNAC Bouncy Castle and Sensory 10.30-1.30pm Youth Club 2021 15-18 years 5-7pm | Ice Rink Session 10-12pm | | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 17th | Tuesday 18th | Wednesday 19th | Thursday 20th | Friday 21st | Saturday 22nd | Sunday 23rd |
| Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm | Airea 51 SEND Session 6-7pm | Airea 51 SEND Session 6-7pm | Youth Club 2021 15-18 years 5-7pm | Ice Rink Session 10-12pm | | SEND Swimming Session Abraham Darby 12:15-1:30pm |
| Monday 24th | Tuesday 25th | Wednesday 26th | Thursday 27th | Friday 28th | Saturday 29th | Sunday 30th |
| Soft Play at the Ice Rink Junior 4-5.30pm Senior 6-8pm | Airea 51 SEND Session 6-7pm | Airea 51 SEND Session 6-7pm | Youth Club 2021 15-18 years 5-7pm | Ice Rink Session 10-12pm | | SEND Swimming Session Abraham Darby 12:15-1:30pm |