

**SPEAK**

# Rochdale Short Breaks



A short break gives a child or young person with a disability the opportunity to spend time away from their family, taking part in leisure activities or simply relaxing.

Families in turn get a break from their caring responsibilities.

## What is a short break?



Short breaks can be during the day or evening or overnight, at weekends or mid-week and most take place in community settings whilst a small number are in a residential setting or the family home of an approved carer.

They can be as brief as a couple of hours or as long as a few days or even a week, depending on the needs and preferences of the child and their family. Some examples are: befriending schemes, play schemes, youth clubs, aromatherapy sessions, swimming lessons, overnight stays and circus skills - sporting activities.

In Rochdale we work closely with parents, carers, disabled young people and professionals to put together and review our Rochdale Short Break statement and our programme of activities.

We offer a range of short breaks in the evenings, at weekends and during school holidays, including daytime care in or outside the child's home and educational and leisure activities, some of which can be found in our list of Rochdale Short Breaks Matrix under 'Downloads'.

## Who can access a short break?



Children and young people with disabilities (aged 0-18) are eligible for a short break if they have a physical and/or learning disability and/or an associated life-limiting condition which has a substantial and long term effect on their ability to access facilities and activities.

## Who to contact

### Telephone

01706 925900

### E-mail

[cwd@rochdale.gov.uk](mailto:cwd@rochdale.gov.uk)

## Where to go

### Venue address

Number One Riverside

Smith Street

Rochdale

### Postcode

OL16 1XU

## Local Offer

### Local Offer Ages

0-4 (Birth to Pre-School)

4-10 (Primary School)

11-16 (Secondary School)

16-18 (Transitions into Adulthood)

# Rochdale's Short Breaks Matrix

If you have a child or young person up to the age of 18, who has a diagnosis of special educational need and/or disability, they could access a Short Break activity that takes place throughout the Rochdale Borough

For more information on Rochdale's Local Offer:

[www.ourrochdale.org.uk/localoffer](http://www.ourrochdale.org.uk/localoffer)

Time out  
for  
Parents &  
Carers

Outdoor  
Activities

Holiday  
Clubs

Sports



New Skills  
&  
Experiences


Youth  
Clubs

Arts &  
Crafts

### Skylight Circus Arts

Name	Activity	Description	Ages	When	Cost	Contact Details & Location	Siblings
Sky High	<b>New Skill</b>	Circus skills taught are a mixture of: juggling, spinning plates, diabolo, devil stick, poi, unicycle, walking globe, tightrope, stilts, trapeze and cocoon plus games and movement/flying on aerial harnesses, sensory and illuminated equipment.	5-11yrs	Every Wednesday 4.15pm – 5.15pm	Per session £2	Sky Circus Arts St Chads Sparrow Hill Rochdale OL16 1QT 01706 650676 <a href="mailto:martine.b@skylightcircusart.com">martine.b@skylightcircusart.com</a>	Yes
Sky High	<b>New Skill</b>	Circus skills taught are a mixture of: juggling, spinning plates, diabolo, devil stick, poi, unicycle, walking globe, tightrope, stilts, trapeze and cocoon plus games and movement/flying on aerial harnesses, sensory and illuminated equipment	11-18yrs	Every Wednesday 5.30pm – 6.30pm	Per session £2	Sky Circus Arts St Chads Sparrow Hill Rochdale OL16 1QT 01706 650676 <a href="mailto:martine.b@skylightcircusart.com">martine.b@skylightcircusart.com</a>	Yes
Circus Wow	<b>New Skill</b>	CircusWOW is a Saturday circus project where performance, skill sharing, celebration and inspiration is the focus. young people will try a range of different circus skills but also creative circus activities to make equipment	4-18yrs	Start in January 2022.  Please contact Martine for dates and times.	Per session £2	Sky Circus Arts St Chads Sparrow Hill Rochdale OL16 1QT 01706 650676 <a href="mailto:martine.b@skylightcircusart.com">martine.b@skylightcircusart.com</a>	Yes

## Rochdale Youth Service






Name	Activity	Description	Ages	When	Cost	Contact Details & Location	Siblings
SEND Youth Group Rochdale 		Sessions are young person led, where they learn informally and build friendships in a safe independent space.	11-18yrs	Monday 6pm - 8:30pm	Free	Moss Street Youth Centre 01706 927281 <a href="mailto:Jasmin.akhtar@rochdale.gov.uk">Jasmin.akhtar@rochdale.gov.uk</a>	Siblings Welcome
SEND youth Group Heywood 		Sessions are young person led, where they learn informally and build friendships in a safe independent space.	11-18yrs	Tuesday 6pm – 8.30pm	Free	Queen’s Park Heywood 01706 927281 <a href="mailto:Jasmin.akhtar@rochdale.gov.uk">Jasmin.akhtar@rochdale.gov.uk</a>	Siblings Welcome
SEND Youth Group Middleton 	<b>Youth Club</b>	Sessions are young person led, where they learn informally and build friendships in a safe independent space.	11-18yrs	Wednesday 6pm – 8.30pm	Free	Spring Vale Youth Centre 01706 927281 <a href="mailto:Jasmin.akhtar@rochdale.gov.uk">Jasmin.akhtar@rochdale.gov.uk</a>	Siblings Welcome
SEND Youth Group Pennines 	<b>Youth Club</b>	Sessions are young person led, where they learn informally and build friendships in a safe independent space.	11-18yrs	Thursday 6pm – 8.30pm	Free	Milnrow Youth Club 01706 927281 <a href="mailto:Jasmin.akhtar@rochdale.gov.uk">Jasmin.akhtar@rochdale.gov.uk</a>	Siblings Welcome
Duke of Edinburgh 	<b>Outdoor</b>	From volunteering to physical activities, life skills to expeditions, achieving a DofE	11-18yrs	Wednesdays 6:30pm – 8pm	Free. Small initial registration fee.	Rochdale District Wide 01706 922223 <a href="mailto:Jamshed.Miah@rochdale.gov.uk">Jamshed.Miah@rochdale.gov.uk</a>	No

Youth Voice Project 	<b>Youth Club</b>	Giving young people a voice on issues that affect them.	11-18yrs	One Saturday per month. 10.30am-1.30pm	Free	Moss Street Youth Centre 01706 927281 <a href="mailto:Jasmin.akhtar@rochdale.gov.uk">Jasmin.akhtar@rochdale.gov.uk</a>	Siblings Welcome
School Holiday Activities 	<b>Holiday</b>	Activities and learning, led by young people where they learn informally and build friendships in a safe independent space.	11-18yrs	10am – 4pm Runs over four weeks of summer holidays.	Free	Rochdale District Wide 01706 927281 <a href="mailto:Jasmin.akhtar@rochdale.gov.uk">Jasmin.akhtar@rochdale.gov.uk</a>  Check with provider for availability and venue details	Siblings Welcome

### Sport Works


Name	Activity	Description	Ages	When	Cost	Contact Details & Location	Siblings
Weekend Multi-Sport Activities 	<b>Outdoor</b>	Various Outdoor sporting and stimulating activities, including fun, creative movement and skills building	4-18yrs	Saturdays 10am – 1pm	Per session £3	Rochdale District Wide Karen Rolling - Sport Works 07947 570955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a>  Check with provider for availability and venue details	Limited spaces for siblings. Check with provider
Weekend Multi-Sport Activities 	<b>Sports</b>	Various sporting and sensory activities, including creative movement and dance	4-11yrs	Sundays <u>Term time only</u> 10am – 1pm	Per session £3	Rochdale District Wide Karen Rolling – Sport Works 07947 570955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a>	Limited spaces for siblings. Check with provider
			12-18yrs	1pm – 4pm			
School Holiday Multi-Sport Activities 	<b>Sports</b>	Various sporting and sensory activities, including creative movement and dance	4–18yrs	Tuesdays & Wednesday 10am – 3pm	Per session £5	Rochdale District Wide Karen Rolling – Sport Works 07947 570955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a>	Limited spaces for siblings.

## Barnardo's

Name	Activity	Description	Ages	When	Cost	Contact Details & Location	Siblings
Nature Ninjas 	Outdoor	Learn about wildlife & enjoy a range of outdoor activities	8-18yrs	Saturdays 9.30am – 12midday <u>Term time only</u>	Per session £1	Hollingworth Lake Visitor Centre 01706 769634 <a href="mailto:rochdale.services@barnardos.org.uk">rochdale.services@barnardos.org.uk</a>	Limited spaces for siblings. Check with provider
Drama Group – Act Too 	Performing	Learn new skills and enjoy creating performances	8-18yrs	Fridays 5.30pm – 7.30pm <u>Term time only</u>	Per session £1	M6 Theatre Company 01706 769634 <a href="mailto:rochdale.services@barnardos.org.uk">rochdale.services@barnardos.org.uk</a>	Limited spaces for siblings. Check with provider
Art Attack 	Arts &	Enjoy a wide range of creative activities	8-18yrs	Thursdays 5.30pm – 7.30pm <u>Term time only</u>	Per session £1	Springvale Youth Centre 01706 769634 <a href="mailto:rochdale.services@barnardos.org.uk">rochdale.services@barnardos.org.uk</a>	Limited spaces for siblings. Check with provider
Chill Out – Speak Out 	Youth Club	A youth group for disabled children to offer peer support and enjoy activities that help to get ready for adulthood	10-18yrs	Saturdays 1.30pm – 4pm	Per session £1	Matthew Moss Youth Centre 01706 769634 <a href="mailto:rochdale.services@barnardos.org.uk">rochdale.services@barnardos.org.uk</a>	Limited spaces for siblings. Check with provider
Art Holiday Club 	Creative	Enjoy a wide range of creative activities	8-18yrs	Thursday and Fridays 10am – 3pm  School Holiday period.	Per session £3 Includes lunch	Springvale Youth Centre 01706 769634 <a href="mailto:rochdale.services@barnardos.org.uk">rochdale.services@barnardos.org.uk</a>	Call to request a place. Limited spaces for siblings. Check with provider.

Junior Art Attack 	<b>Arts &amp;</b>	Enjoy a wide range of creative activities	4 - 8yrs	Thursdays 4pm – 5.30pm  Term time only	Per session £1	Springvale Youth Centre 01706 769634 <a href="mailto:rochdale.services@barnardos.org.uk">rochdale.services@barnardos.org.uk</a>	Limited spaces for siblings. Check with provider
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### Link 4 Life

Name	Activity	Description	Ages	When	Cost	Contact Details & Location	Siblings
<b>FRESH -</b> School Holiday Multi-Sport Activities  	<b>Sports</b>	Various indoor and outdoor sporting and sensory activities.	4-18yrs	School Holidays 10am – 3pm  Does not run during Christmas holiday period.  Check with provider for availability	Free	Rochdale District Wide Contact: Samuel Smith 01706 923261 <a href="mailto:Samuel.smith@link4life.org">Samuel.smith@link4life.org</a> Or Leigh Anne Carnall 07527 385885 <a href="mailto:LeighAnne.Carnall@rochdale.gov.uk">LeighAnne.Carnall@rochdale.gov.uk</a>  Check with provider for venue details	Check with provider for details

### The Arts Club

Name	Activity	Description	Ages	When	Cost	Contact Details & Location	Siblings
Holiday Club  	<b>Creative</b>	Enjoy a wide range of creative activities.	4-18yrs	10am – 3pm  School holiday period. Check for availability	Free	01706 750815 <a href="mailto:Justin.Henderson@Redwood-School.com">Justin.Henderson@Redwood-School.com</a>  Based at Redwood school and venues throughout the Borough. Check with provider for venue details	No



All of the above Short Break opportunities are facilitated by trained staff who are DBS checked

### COVID19

We are reopening the Short Breaks sessions following lock down. We want to do this in a safe way that keeps children safe and reassures you as parent / Carers.

The Short Break sessions might look and feel different to how they have before, this is to make things as safe as possible. Some of the changes to make things safer are: smaller groups and less sessions, staggered drop off/pick up times, different venues and activities, sessions taking place online.

There will be different changes depending on the Short Break session. Please check with the Short Break provider to find out what the arrangements are and when sessions will be running.

**Families can attend one activity session per week during term-time and two activity sessions per week during the school holidays.**

This Short Breaks Matrix is not exhaustive. Services will be reviewed periodically and may be subject to change. Activities may be amended as required to meet the needs of children and families.

**For further information, please contact the Children with Disabilities Team:**

**Telephone:** 01706 925 900

**Email:** [CWD@Rochdale.gov.uk](mailto:CWD@Rochdale.gov.uk)