

## Learning example – short breaks

<b>Provider name</b>	<b>Charlton Athletic Community Trust</b>
<b>Area/Service</b>	<i>Greenwich</i>

### Summary of Short break provision

**Charlton Athletic Community Trust** (CACT) provides short break services for young people aged 12-17 with special educational needs, as well as working with families who need extra support.

During the lockdown the service has been adapted to maintain the safety of children and staff. They offered sessions for up to 3 young people at a time, as opposed to their usual number of young people.

### What needed to change?

(Please note these examples are based on Government guidelines in place at the time. All providers continue to monitor and update their practice based on current advice)

By keeping within the government guidelines at the time, including social distancing, they have made sure their staff felt at ease and were able to continue to help support the short breaks project and keep it going. At the start of lockdown CACT offered the Short Breaks Team at Royal Borough of Greenwich (RBG) their services to families, including those they didn't already work with.

Sessions have been adapted to utilize the youth club setting rather than the community, including hub based activities such as music, movies, pool table, sports hall, arts and crafts. Avery Hill park, behind the youth club, has enabled them to go for daily walks and get the young people outside.

The team at CACT efficiently adapted service delivery to continue to meet children's needs amid the lockdown conditions by:

- Working quickly with RBG to provide services based on need. As such, only young people with a specialist package or specialist cases could access the short break service.
- Providing staff with PPE such as masks, aprons, hand sanitizer, wipes and gloves.
- The team uses two minibuses for young people to ensure that they are able to maintain social distancing and safety.
- The youth hub is cleaned before and after use.

### What enabled the changes to happen?

- ✓ The team spoke with all families who were registered before lockdown was set.

***"Families were very understanding and noted not all the young people would be able to attend a short break during this ongoing situation."***

- ✓ Key staff members pulling together and effective communication with RBG.
- ✓ Separate rooms within the youth club building meant they were able to effectively use them to maintain social distance. For example, when young people are watching a film they sat two metres apart, similarly, when young people have lunch they sit two metres apart.
- ✓ Varied programme of activities for young people to do so they didn't become too anxious, restless and bored.
- ✓ When the team went out in the park for walks with young people they still maintained social distancing. At times where social distancing was challenging to do, for example where behaviour became challenging due to frustrations of being kept inside, the team ensured that both young people and staff had clear plans in place to reduce risk.
- ✓ The team utilised the guidance at the time to ensure staff are protected and can continue to support young people i.e. for support with changing and feeding.
- ✓ The team managed frustrations expressed by young people by allowing them to go into the sports hall or outside into a private space to maintain safety for them to calm down.
- ✓ They were flexible in how they supported families, doing various shopping and pharmacy deliveries.
- ✓ They worked closely with Willowdene School to deliver education packs to families as well as supporting 2 days a week within school doing physical activities with young people.

### What next – scaling up and sustainability

(Please note these plans have been developed in response to the new and expected guidance on the wider opening of services)

The team are keen to get back to doing activities out in the community with young people and recognise that PPE is important especially in the line of work that they do. However, they plan to continue to stay up to date with latest advice and guidance to continue to protect young people and staff.