

Social and Leisure Short Break Opportunities for Children and young people with disabilities in the Rochdale Borough

These activities are subsidised by Rochdale Borough Council and NHS Heywood Middleton and Rochdale Clinical Commissioning Group

2016-2017

Self-referral (These services can all be accessed without a Social Work assessment)

Maximum age for a young person to be eligible to access the short breaks below is up to and including the day before their 19th birthday.

Sibling and Social

NAME OF SERVICE	TYPE OF SERVICE	AGE RANGE	WHEN PROVIDED	CONTACT NAME & TELEPHONE NUMBER	EMAIL/WEBSITE	COST
Barnardo's	Chill Zone Siblings Group. A group for brothers and sisters of disabled children to chill out, enjoy fun social activities and make new friends	8 - 19	Every Saturday 1.30 – 3.30pm Matthew Moss Youth Centre	Julie Forster 01706 515717	website: www.barnardos.org.uk/rochdale email: rochdale.project@barnardos.org.uk	£1 per child per session
Redwood Youth clubs	We offer all young people within the borough of Rochdale aged 8 – 18 with additional needs access to challenging structured activities and also the freedom	8 - 18	Tuesday 6pm - 8pm Saturday 10am - 12pm	James Barker 01706 751 893	james.barker@redwood-school.com	£2

	of choice to choose their own activities. Activities on offer include: Sport, Cycling, ICT, Video Games, Cookery and Baking, Art, Music, Sensory and Aromatherapy.					
Rochdale Youth Service	Weekly Youth Club with Informal Learning	14-19	Saturdays 10.30am-1.00pm	Paula Kevlin 01706 924295 or 07527385761	paula.kevlin@rochdale.gov.uk	£1.00 Per session
Rochdale Youth Service	Monthly Youth Forum meeting	14-19	Monthly – last Wednesday 6.30pm-8.30pm	Paula Kevlin 01706 924295 or 07527385761	paula.kevlin@rochdale.gov.uk	£0.50p Per session
Rochdale Gateway Youth Club	Youth & Social club (members only club) providing weekly events of Music, disco, pool table, play station, wii and much more. There is also a tuck shop selling light refreshments. There is a membership process which is free to join initially however if you lose your membership card there will be £5 charge for replacement card	14-19	Wednesday 6.30pm – 8.30pm	Amjad Mennen 01706-515805	amjad@gatewayleisure.co.uk www.gatewayleisure.co.uk	£2

Arts

NAME OF SERVICE	TYPE OF SERVICE	AGE RANGE	WHEN PROVIDED	CONTACT NAME & TELEPHONE NUMBER	EMAIL/WEBSITE	COST
Barnardo's	Art Attack arts group. Come along and join in lots of arts based activities, be inspired and create masterpieces	8 - 19	Every Thursday 5.30 – 7.30pm Deeplish Community Centre	Julie Forster 01706 515717	website: www.barnardos.org.uk/rochdale email: rochdale.project@barnardos.org.uk	£1 per child per session
Barnardo's	Act Too Drama Group. Calling all budding actors, come and have lots of fun developing your acting skills.	8 - 19	Every Friday 5.30 – 7.30pm M6 Theatre Company	Julie Forster 01706 515717	website: www.barnardos.org.uk/rochdale email: rochdale.project@barnardos.org.uk	£1 per child per session
Skylight Circus Arts SKY HIGH CIRCUS	Sky-High is an after school circus activity for all Rochdale children and young people with a disability, especially complex and pml as our sensory circus equipment and aerial harness provide stimulating and adaptable skills. Classes are specially designed and supported for young people with a wide range of disabilities and offer the experience of lots of different circus skills from juggling to tight wire, trapeze to	4-11yrs Class 11-18yrs Class	Mostly term time –Wednesdays 4 -11yrs 4.15 -5.15pm 11 -18 yrs. 5.15 - 6.30pm PLEASE CALL TO BOOK AS LIMITED PLACES	Martine Bradford 01706650676	martine.b@skylightcircusarts.com www.skylightcircusarts.com	£1 per session

	diabolo including our aerial swings and harnesses. Held in Skylights fantastic, fun, friendly, safe and fully accessible circus school.					
Skylight Circus Arts CIRCUSWOW	Special Sky-high weekend circus sessions for all young people with disabilities to bring along Family and Friends and have fun learning circus skills together. Using the excitement, colour and movement of circus performance as a stimulus lots of opportunities to play, explore and try new skills including the aerial harness. CIRCUSWOW will include a 6 week circus performance project with young participants creating a show and also a visit to a circus performance.	4-18yrs Plus family and friends	Selected Saturdays throughout the year. 6 week performance project during the Autumn Telephone for dates.	Martine Bradford 01706650676	martine.b@skylightcircusarts.com www.skylightcircusarts.com	£1 per session

Sports and Outdoor Activities

NAME OF SERVICE	TYPE OF SERVICE	AGE RANGE	WHEN PROVIDED	CONTACT NAME & TELEPHONE NUMBER	EMAIL/WEBSITE	COST
Barnardo's	Woodland Warriors Outdoor Activity Group. Exploring the outdoors e.g. den making, woodland activities, pond dipping etc.	8 - 19	Every Saturday 9.30 – 12 Initially based at Hollingworth Lake Visitor Centre	Julie Forster 01706 515717	website: www.barnardos.org.uk/rochdale email: rochdale.project@barnardos.org.uk	£1 per child per session
Link 4 Life All Ability Adventure	Multi Activity Programme including Sailing, Canoeing, Cycling, Archery, Climbing, Camping and Yachting. Provided at weekends, after school and through the School Holidays.	8 - 19	Cycling Every Wednesday (Except 3 Wednesday's over Christmas/New year) 4.30-6pm (from April 2016) Climbing Every Thursday (Except 3 Wednesday over Christmas/New year) 4.00-5.30pm (from April 2016) Archery Every Tuesday (Except 3 Wednesday over	Gary Butler 01706 922120 Alister Pittman 01706 370499	gary.butler@link4life.org alister.pittman@link4life.org http://www.link4life.org/holwac	Cycling £2.00 Climbing £2.00 Archery £2.00 Sailing £2.50 Canoeing £2.50

			<p>Christmas/New year) 3.45-4.45pm 5.00-6.00pm (from April 16)</p> <p>Sailing and Canoeing Sun 1.00-2.30pm Apr to Oct</p>			
Link 4 Life GoClub	Supported access to Voluntary Sports Clubs in the borough of Rochdale	8 - 19	Mon – Fri Evenings	<p>Graeme Hill & Gemma Hird</p> <p>01706 926203 Or 01706 924234</p>	<p>http://www.link4life.org/activities/disability-sessions</p> <p>graeme.hill@link4life.org</p> <p>gemma.hird@link4life.org</p>	£2
Sport Works	Sport Works is a provider of sport, exercise and educational programmes throughout the UK. We offer a variety of traditional and non-traditional activities including Football, Dodgeball, Tri-Golf, Boccia, Dance, Trampoline and lots of other games. Sessions are designed to provide young people with disabilities and additional needs, a fun, relaxed and supportive place to enjoy sports and activities whilst making new friends.	Under 8	<p>Saturday 12.00pm – 3.00pm Bowlee Sports Centre, Windermere Road Middleton. M24 4LA</p> <p>Sunday 10.00am – 1.00pm Heywood Sports Village, West Starkey Street Heywood. OL10 4TW</p>	<p>Karen Rolling 07947 570 955</p>	<p>karen.rolling@sportworksltd.co.uk</p> <p>www.sportworksltd.co.uk/gtrmanchester</p>	£2
Sport Works	Sport Works is a provider of sport, exercise and educational programmes throughout the UK. We offer a variety of traditional and non-traditional activities including Football, Dodgeball, Tri-Golf, Boccia, Dance, Trampoline and lots of other games. Sessions are designed to provide young people with disabilities and additional needs, a fun, relaxed and supportive place to enjoy sports and activities whilst making new friends.	Over 8	<p>Saturday 12.00pm – 3.00pm Bowlee Sports Centre, Windermere Road Middleton. M24 4LA</p> <p>Sunday 1.00pm – 4.00pm Heywood Sports Village, West Starkey Street, Heywood. OL10 4TW</p>	<p>Karen Rolling 07947 570 955</p>	<p>karen.rolling@sportworksltd.co.uk</p> <p>www.sportworksltd.co.uk/gtrmanchester</p>	£2
Rochdale Youth Service	Weekly Duke of Edinburgh Award	14-19	Wednesday 6.30pm-8.00pm	<p>Diane Higgins 01706 922224 or 07527385767</p>	<p>diane.higgins@rochdale.gov.uk</p>	£20.00 registration for full year

Wellbeing

NAME OF SERVICE	TYPE OF SERVICE	AGE RANGE	WHEN PROVIDED	CONTACT NAME & TELEPHONE NUMBER	EMAIL/WEBSITE	COST
Rainbow Trust Children's Charity	Rainbow Trust Children's Charity provides emotional and practical support for families whose child or young person has a life threatening or terminal illness. We support families for as long as is needed, from diagnosis to cure, or throughout times of bereavement and post bereavement support for the whole family.	0-18 Including antenatal and neonatal periods when diagnosis has been made.	Monday - Friday between 8am* - 6pm*. *Rainbow Trust operates a priority service for families in crisis, including a 24-hour dedicated on call number, and the possibility of extended family support during weekdays and weekends.	Wendy Thompson (Family Support Team Manager) 0161 628 2194	wendy.thompson@rainbowtrust.org.uk	No cost to families
Rainbow scent aromatherapy massage	Holistic therapies for children and young people with complex disabilities. Sessions held within the child's home.	0-18	Sessions available all year. Day/afternoon/evenings and weekends sessions available. Weekly and fortnightly appointments.	Sarah Fairfoull 0750 440 4558 or 0161 633 7101	Sarahkfair72@gmail.com	No charge for 2016/17
The Feel Good Factor	A range of complementary health treatments aimed to de-stress, de-toxify, relax muscular hypertension and enhance mental and emotional wellbeing. Reflexology – Treating the feet to balance the body. Counselling – The opportunity to talk through issues. Reiki/Energy Therapy – Gentle yet powerful, with or without touch. The Bowen Technique – A gentle effective way to re-align the whole body. Far Infrared Sauna – A safe, effective way to detoxify and relax. Intensive Interaction – An effective communication tool using body language, sound and play to stimulate or calm the senses.	5-18	Tues – Thurs 4.00-7.00pm Saturdays 10.00am-2.00pm	Jo Potts True Serenity 01706 630750	jopotts.serenity@yahoo.co.uk	£4.00
The Feel Good Factor	Reiki Level One – An opportunity to gain a level one certificate in Reiki Natural Healing, an excellent tool to use for yourself, friends, family and pets. Reiki works on the whole person, mentally, emotionally, physically and spiritually to achieve inner peace and calm. This can also lead to a Level 2 Certificate.	16-18yrs	1 or 2 day workshop TBA to suit needs	Jo Potts True Serenity 01706 630750	jopotts.serenity@yahoo.co.uk	£25.00

School Holidays

NAME OF SERVICE	TYPE OF SERVICE	AGE RANGE	WHEN PROVIDED	CONTACT NAME & TELEPHONE NUMBER	EMAIL/WEBSITE	COST
Summer SuperTeens	A 5 day programme where young people can take part in activities that include Chill Skills, Music, Dance, Drama, Circus Skills and Art & Craft. They can also work towards gaining their Sports/Dance Leader UK Award if they wish. Participants can volunteer on the 5 day programme for the younger group later in the holidays.	11 – 18	Summer holidays TBA	Lindzi Miller 07722 285367	enlightening@mail.com	£25
Summer SuperKids	A 5 day programme where children and young people can take part in activities that include Relax Kids, Circus Skills, Art & Craft, Music, Drama, and Dance. They can also work towards gaining their Arts Award if they wish.	5 – 10	Summer holidays TBA	Lindzi Miller 07722 285367	enlightening@mail.com	£25
Link4Life Sunsport	Multi Activity Programme provided during School Holidays. Full personal care provided.	8 - 19	All School Holidays (excluding bank holidays)	Graeme Hill & Gemma Hird 01706 926203 Or 01706 924234	http://www.link4life.org/activities/disability-sessions graeme.hill@link4life.org gemma.hird@link4life.org	£4 half day £8 full day
Crossroads Care	Short Breaks/day trips for Disabled children in small groups of 6 to 8. We provide an age and ability appropriate service where children can have fun and enjoy themselves promoting health and wellbeing and providing a break for their carer / carers.	2 - 18	School Holidays	Fiona Hague 01706 525361	Rochdale@gmcarerstrust.co.uk www.gmcarerstrust.co.uk	Sessional charge
Redwood Holiday clubs	We offer all young people within the borough of Rochdale aged 4–18 with additional needs access to challenging structured activities and also the freedom of choice to choose their own activities. Activities on offer include: Sport, Cycling, ICT, Video Games, Cookery and Baking, Swimming/Hydrotherapy, Art,	4-18	School holidays excluding Christmas and May Half Term 10am – 3pm	James Barker 01706 751 893	james.barker@redwood-school.com	£10 per day

	Music, Sensory and Aromatherapy.					
Sport Works	Sport Works is a provider of sport, exercise and educational programmes throughout the UK. We offer a variety of traditional and non-traditional activities including Football, Dodgeball, Tri-Golf, Boccia, Dance, Trampolining and lots of other games. Sessions are designed to provide young people with disabilities and additional needs, a fun, relaxed and supportive place to enjoy sports and activities whilst making new friends.	Under 8 Group & Over 8 Group	<p>School Holidays – Every Tuesday, 10.00am – 3.00pm Middleton Sports Arena LCpl Joel Halliwell VC Way, Middleton. M24 1AG</p> <p>School Holidays – Every Wednesday, 10.00am – 3.00pm Kingsway Sports Centre, Turf Hill Road Rochdale. OL16 4XA</p>	Karen Rolling 07947 570 955	karen.rolling@sportworksltd.co.uk www.sportworksltd.co.uk/gtrmanchester	£2
Caudwell Children	Pick N Mix Theatre company Join The Theatre Workshop for an exciting and exhilarating day of Story Telling. The children will begin their day by watching a professional theatre production based on the work of the Brothers Grimm and will then create their own fairy tales and perform them for parents at the end of the session.	8-18	<p>School Holidays Thursday 2nd June 10.00AM-3.00PM</p> <p>Friday 3rd June 10.00AM-3.00PM</p> <p>Venue: St Aidan. Sudden. Rochdale</p>	Keller McHenry TEL: 01782600844 MOB: 07964356725	keller.mchenry@caudwellchildren.com http://caudwellchildrenkids.com/	£2 donation

If you can't find what you are looking for please contact the Children with Disabilities Service on 01706 925900 or email cwd@rochdale.gov.uk

Alternatively you can contact the Parent Carers Voice at 07901 854 741 contactus@rochdaleparentcarersvoice.co.uk or visit their website www.rochdaleparentcarersvoice.co.uk/

Additional non-commissioned services or short breaks available for Children and Young People with Disabilities in Rochdale.

NAME OF SERVICE	TYPE OF SERVICE	AGE RANGE	WHEN PROVIDED	CONTACT NAME & TELEPHONE NUMBER	EMAIL/WEBSITE	COST
Link4Life Inspired Sports	Afterschool Sports Session @ Rochdale Leisure Centre provided by professional sports coaches	8-25	Every Thursday 4.30pm - 5.30pm	Graeme Hill 01706 926203 or Gemma Hird 01706 924234	graemehill@link4life.org gemma.hird@link4life.org www.link4life.org/activities/disability-sessions www.facebook.com/?sk=welcome#!/link4life.sunsport	£2.00
Homestart-Home Visiting Support	Home visiting support is available for families with a child aged 0 - 11 years who have an Autistic spectrum condition or Disability. Friendship, Emotional and Practical support is offered to families by introducing coping strategies and tools to help reduce stress.	0-11	Monday-Friday	Sam Freeman (Autism Co-Ordinator) Home Start - 01706 629651 07582785639	sam.homestartrochdale@yahoo.co.uk www.homestartrochdale.org.uk	Free