

What Short Breaks are Available?





Hello! I'm here to tell you how my child and other parents like myself use our short breaks direct payments.

The City of London is unique. Short breaks are not readily available in the borough, so our parents have the option to use their short breaks on activities that they have identified with our short breaks worker. Here are a few me and my friends access...

Horse Riding



Outings with friends - movie nights, museums/galleries, etc.



Martial Arts and Gym Sessions



Respite and Support Workers



Breakfast, Afterschool and Holiday Programmes



Music Lessons




Swimming Lessons



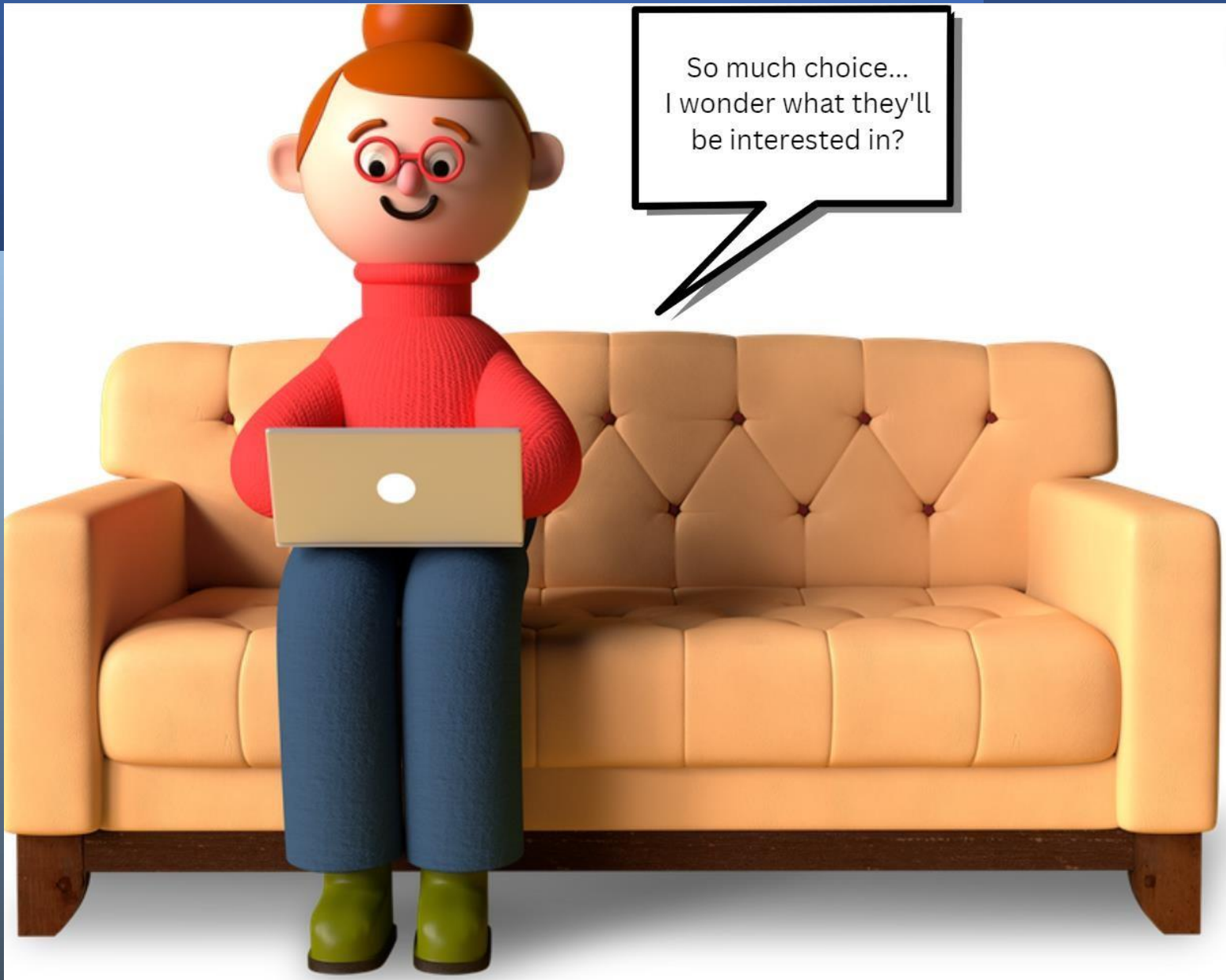
Mentoring





We hope you are able to identify something for your child too. The activities listed provide benefits such as sensory experiences...

Mum, please can I tell them...calming, improves physical and spatial awareness, improves motor skills, allows for socialising and building communication skills, can reduce stress and anxiety, can support child development and emotional regulation...just to name a few.



So much choice...
I wonder what they'll
be interested in?