



Short Breaks Factsheet for Children and Young People with SEND in Norfolk

What are Short Breaks?

Short Breaks are activities for children and young people aged five to 17 years old who have a special educational need and/or disability (SEND).

They provide you with an enjoyable break away from your parent carers, while they get a break too. Or you and your family can get help with family activities.

You can take part in new activities and have fun and learn new things.

The sessions can last a couple of hours or longer and they take place during evenings, weekends, school holidays and sometimes overnight. They do not take place during school time.

Short Breaks are designed to support families.

How does my family apply for Short Breaks?

If your parent carer has not yet applied have a chat with them and show them where they can find the application form.

Find all the information on the Short Breaks web pages.

Or they can call the Short Breaks team on **01603 692455** or email them at **cs.shortbreaks@norfolk.gov.uk** if they have any questions.

If your family get money for Short Breaks, ask to be involved in deciding how to spend it.





You can help make Short Breaks better for children and young people

Your voice is very important. We want to hear your opinions and experiences of Short Breaks. Your ideas and thoughts really can help. Look out for details soon on our webpages if you want to be part of future discussion about Short Breaks.

What is the SEND Local Offer?

SEND stands for Special Educational Needs and/or Disabilities. You may have special education needs but do not have a disability. You may have disabilities but do not have special education needs. You may have both.

There are some pages on the Norfolk County Council website that will tell you about what help and services there are in Norfolk for SEND children and their families.

Read the pages just for young people.

If you need this factsheet in large print, audio, Braille, a different format or language please contact the Short Breaks team on **01603 692455** and we will do our best to help.

Co-produced with

