



# Unity

## What is a short break?

Aiming High short breaks are positive, enjoyable activities for a child or young person up to their 18th birthday. If you qualify you'll be given more information about how to find something your child really enjoys doing. Short breaks are also great for carers as they give you a break too!

## What kinds of things can my child do?

So far young people have been helped to enjoy all sorts of activities from joining a wheelchair badminton club, visiting an inclusive youth club or even enjoying an activity at home with a paid carer. There's a wide range of activities on offer and you'll be given help to choose, if you need it.

## Does my child qualify?

If your disabled child needs higher levels of support, and does not already enjoy any short breaks or activities, they are probably entitled to help from Aiming High.

Usually they will have:

- A significant physical disability
- Complex health needs
- Challenging behaviour linked to other impairments – for example a severe learning disability
- Autism or autistic spectrum condition with a significant learning disability and/or challenging behaviour.

You'll need to talk to someone already involved with your child like a therapist, Special Educational Needs Coordinator, nurse or social worker, or contact the Aiming High team direct on 01629 538993 (Thursdays and Fridays only). You must tell us about the services you already get so we can work things out fairly.

## How much time will it amount to?

You'll get:

- Up to 80 hours a year flexible support to enjoy one-to-one activities, or;
- A short break grant towards enjoyable short breaks for your child. A mixture of both is also possible

## Does every family get the same support?

The Derbyshire Offer initially gives the same level of support to those who qualify.

However, if you feel your family needs more you can talk to your lead professional or someone already involved with your child and ask for an assessment. Higher levels may be offered after this.

Some disabled young people may benefit from an activity weekend break with a local voluntary organisation. An assessment is needed for this. Ring the Aiming High office for more information.

## Does it matter how much I earn?

No, the amount of support or money you get for short breaks does not depend on how much the parents or main carer earns.

We have tried to make the process of applying for short break funding as fair and straightforward as possible.

## Will my child need to be assessed?

In most cases, an extra assessment is not needed for the basic level of support of up to 80 hours a year or for a small short break grant.

However, if your child has more complex needs and requires a higher level of support they will be assessed. We'll try to make this as easy for you as we can.

All families with a disabled child can have an assessment if they want one which can take into account the carer's needs too.

## How can I find out more?

You'll find lots of general information about Aiming High at [www.derbyshire.gov.uk/aiminghigh](http://www.derbyshire.gov.uk/aiminghigh)

The Derbyshire Short Break Statement can be found on the above website which explains more about available services and support, plus how and why funding decisions have been made.

Other useful information can be found at [www.derbyshire.gov.uk/sen](http://www.derbyshire.gov.uk/sen)

## What if I'm not entitled to help for short breaks?

Even if you don't qualify for help through Aiming High there's a lot Derbyshire County Council does for families with disabled children.

We help fund lots of group activities across the county with specialist local organisations.

Many group activities can be used without an assessment including play schemes, after-school clubs and music or sports clubs.

Everyone is entitled to use leisure and sports facilities, and Derbyshire County Council has given Aiming High grants to many swimming pools to improve their equipment and access.

For the latest information about Aiming High check out Reach magazine for families with disabled children. You can get it from [www.derbyshire.gov.uk/reach](http://www.derbyshire.gov.uk/reach) or get a copy sent to you by phoning Call Derbyshire on 08456 058 058\* or 01629 533190.

Useful information about activities is available from the following places:

Families Information Service: [www.derbyshire.gov.uk/fis](http://www.derbyshire.gov.uk/fis)  
Derbyshire Sport: [www.derbyshiresport.co.uk](http://www.derbyshiresport.co.uk)  
TooDoo: [www.derbyshire.gov.uk/toodoo](http://www.derbyshire.gov.uk/toodoo)  
Derbyshire Directory: [www.derbyshire.gov.uk/directory](http://www.derbyshire.gov.uk/directory)



\*Call Derbyshire is open 8am to 8pm weekdays, 9.30am to 4pm Saturdays. Call charges may vary and calls from mobile phones may cost considerably more. If you prefer not to use the 0845 number you can call 01629 533150.

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