

Short Breaks in Southwark



This booklet is about **short breaks** for adults with a learning disability.



A **short break** is time away from your family or carer so you can both have a break.



Short breaks can be things like

- overnight stays at places like **Orient Street**
- someone supporting you at home so your carer can have a break
- holidays.



In Southwark a lot of adults that get short breaks go to **Orient Street**.



We think short breaks in Southwark need to change.



This booklet tell you more. It tells you how you can have your say.



What we think

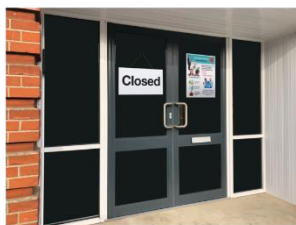
We think short breaks need to change.



This is because some people tell us they want different things.



And we want to spend our money better.



If things change, Orient Street may close or it could get smaller.



The money could be spent on different short breaks.



Other types of short breaks

If we closed Orient Street we could spend more money on things like



- **Shared Lives**

This is where people stay with a trained carer in their home.



- **More daytime activities**

This may be new activities at places like Cherry Gardens and Bede House.



- **Personal budgets**

This is when people buy their own support. This could be a support worker to stay with them at home when their carer goes out.



People who need overnight breaks will still get them but in a different place.



We want to know what you think.

Have your say

You can have your say by



- Filling in the form at the back of this booklet.



- Or fill it in online at <https://consultations.southwark.gov.uk/children2019s-and-adults-services/adults-short-breaks-2023>



- Come to a meeting. Go to **page 5** for details



- Or we may be able to come to a club or group that you go to.



Please email if you have any questions
shortbreakshaveyoursay@southwark.gov.uk



You can have your say until **6th January 2024**

Meetings



You can find out more by coming to one of these meetings:



Monday 16th October at 11am

Bede House, Abbeyfield Road, SE16 2BS



Tuesday 17th October at 5.30pm

Online



Wednesday 18th October at 10:30am

Dulwich Library, 368 Lordship Lane SE22 8NB



Wednesday 25th October at 2pm

Peckham Library, 122 Peckham Hill Street, SE15 5JR



Please book onto a meeting by email shortbreakshaveyoursay@southwark.gov.uk or

Eventbrite

<https://www.eventbrite.com/e/southwark-council-adult-social-care-short-breaks-information-event-tickets-726099803057>

For people that use Orient Street



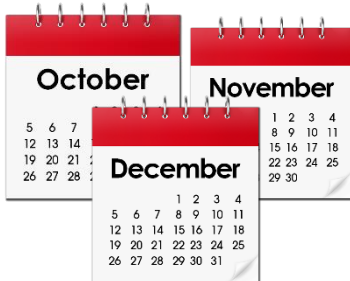
If you have used **Orient Street** in the last year you will have a **review**.



A **review** is a meeting to talk about the short breaks you get now.



And what you may want and need in the future.



This will be in October, November or December.



Speak to your social worker if you have not got a review booked in.

More information



This booklet and more information is on the **council website**

Go to

<https://consultations.southwark.gov.uk/children2019s-and-adults-services/adults-short-breaks-2023>



Or you can scan this QR code with your phone



HAVE YOUR SAY

Have your say



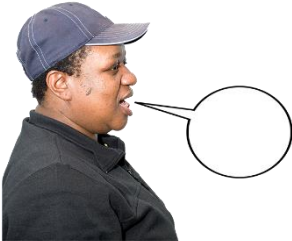
Please fill in this form to have your say on **short breaks** in Southwark.



It can be filled in by the person who uses short breaks or by a carer or family member on their behalf.



Or fill it in online at <https://consultations.southwark.gov.uk/children2019s-and-adults-services/adults-short-breaks-2023>



Or you can have your say a different way.



You can come to a meeting.



Or we may be able to come to a club or group that you go to.



For more information email shortbreakshaveyoursay@southwark.gov.uk

About you



1. Are you a:

- | | |
|--|--|
| <input type="checkbox"/> Disabled person | <input type="checkbox"/> Parent or carer |
| <input type="checkbox"/> Support worker | <input type="checkbox"/> Social worker |
| <input type="checkbox"/> Short breaks provider | |
| <input type="checkbox"/> Staff member or volunteer from a local group or charity | |
| <input type="checkbox"/> Other _____ | |



2. How old are you? - If you are a parent or carer completing the form on someone's behalf, how old are they?

3. What type of disability do you have?

Or the person you care for if you are a parent or carer.



- | | |
|--|--|
| <input type="checkbox"/> Learning disability | <input type="checkbox"/> Autism |
| <input type="checkbox"/> Physical disability | <input type="checkbox"/> Mental health |
| <input type="checkbox"/> Hearing or seeing | <input type="checkbox"/> Don't want to say |
| <input type="checkbox"/> Other _____ | |

About short breaks in Southwark



4. Do you or someone you support use short breaks in Southwark?

Yes

No

Don't know

Don't want to say

If yes please tell us about these short breaks.



5. Do you think short breaks in Southwark need to change?

Yes

No

Don't know

Don't want to say

Please tell us more



6. Do you think Orient Street should close so the money can be spent on different types of short breaks?

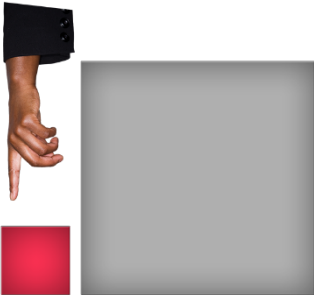
Yes

No

Don't know

Don't want to say

Please tell us more.



7. If no, do you think Orient Street should be open less days or only at weekends? Most money would still be spent on Orient Street so there may not be a lot of money left for different short breaks.

Yes

No

Don't know

Don't want to say

Please tell us more



8. What matters most when it comes to short breaks?

- Having a choice of short breaks
- When and where they take place
- Being with friends or making new friends
- Trying new things Feeling safe

Other



9. What type of short breaks do you want to see more of in Southwark?

- Daytime activities Overnight stays
- Personal budgets so people can plan their own support
- Stays with carers in their home such as Shared Lives scheme

Other ideas



10. What activities do you or the person you support enjoy?



11. How could we work better with people with a learning disability and families to make short breaks better in future?



12. Anything else you would like to say about short breaks



You do not have to answer the next questions but it would help us if you did.

Are you?

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> White British | <input type="checkbox"/> White other |
| <input type="checkbox"/> Black | <input type="checkbox"/> Mixed |
| <input type="checkbox"/> Asian | <input type="checkbox"/> Chinese |
| <input type="checkbox"/> Gypsy/ Irish Traveller | |
| <input type="checkbox"/> Don't want to say | |
| <input type="checkbox"/> Other _____ | |



Are you?

- | | |
|--------------------------------|--|
| <input type="checkbox"/> Male | <input type="checkbox"/> Female |
| <input type="checkbox"/> Other | <input type="checkbox"/> Don't want to say |

Please tell us more below if you want to.



Thank you for filling in this form. Please send it to
Short Breaks Have Your Say
4th Floor – Hub1
PO BOX 64529
London, SE1P 5LX