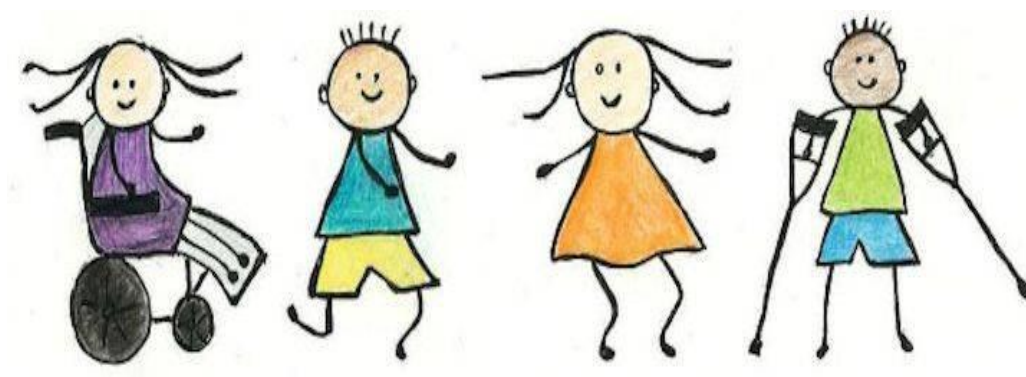


# Short Breaks for Children and Young People 0-25 with Disabilities



[www.harrow.gov.uk/shortbreaks](http://www.harrow.gov.uk/shortbreaks)



## Specialist Group-based Play and Leisure Activities

DARE

### Saturday Activity

**On Offer:** Individual and Group-based activities such as:

- Arts and Crafts
- Cooking
- Sensory stories
- Table Top Games
- Sports
- Movies
- Music
- Sensory play
- Drama
- Dance
- Swimming

**When:** Saturdays during Term Time – 9am – 12pm, 12pm – 4pm

**Where:** The Village School, London NW9

**Suitable for:** Children and young people aged 3 – 25 years with MLD, SLD, PMLD, ASD, Medical Needs, Challenging Behaviour

**More information:** E-mail: [info@dareplayscheme.co.uk](mailto:info@dareplayscheme.co.uk)  
Telephone: 07721 857224  
Website: [www.dareplayscheme.co.uk](http://www.dareplayscheme.co.uk)



## Holiday Play Scheme

**On Offer:** Individual and Group-based activities such as:

- Arts and Crafts
- Cooking
- Sensory stories
- Table Top Games
- Sports
- Movies
- Music
- Sensory play
- Drama
- Dance
- Swimming

**When:** School Holidays Monday to Friday 9am – 3pm

**Where:** The Village School, London NW9

**Suitable for:** Children and young people aged 3 – 25 years with MLD, SLD, PMLD, ASD, Medical Needs, Challenging Behaviour

**More information:** E-mail: [info@dareplayscheme.co.uk](mailto:info@dareplayscheme.co.uk)  
Telephone: 07721 857224  
Website: [www.dareplayscheme.co.uk](http://www.dareplayscheme.co.uk)



## Harrow Mencap

### Saturday Club 5 – 7

**On Offer:** Centre based activities such as:

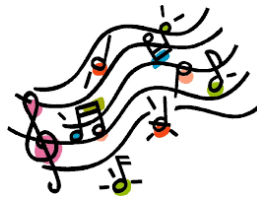
- Cooking
- IT
- Life Skills
- Sensory & Music Workshops
- Arts and Crafts
- Nature Activities

**When:** Term time Saturdays (excluding the first and last Saturday of the Term) 2 hours

**Where:** Pinner Green Hub, Harrow

**Suitable for:** Children aged 5 – 7 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)



### Saturday Club 8 – 25

**On Offer:** Centre based activities such as:

- Cooking
- IT
- Life Skills
- Sensory & Music Workshops
- Arts and Crafts
- Nature Activities

**When:** Term Time Saturdays (excluding the first and last Saturday of the Term) 10am – 2pm

**Where:** Pinner Green Hub, Harrow

**Suitable for:** Children aged 8 - 25 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)

## Let's Go

**On Offer:** Activities in the Community such as:

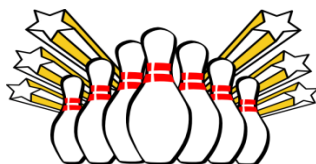
- Adventure golf
- Cinema
- Swimming
- Bowling
- Trampoline
- Farm and Zoo visits
- Museums

**When:** Term time Saturdays (excluding the first and last Saturday of the Term) 10am – 2pm

**Where:** Various Locations

**Suitable for:** Children and young people aged 13 – 25 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)



## Holiday Club

**On Offer:** Day trips such as:

- Theme Parks
- Independence Workshops
- Cinema
- Bowling
- Escape Rooms
- VR Experience

**When:** School Holidays Monday – Friday 10am – 3pm

**Where:** Various Locations

**Suitable for:** Children and young people aged 8 – 25 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)

## Go Wild Nature Club

**On Offer:** Outdoor activities such as:

- Shelter Making
- Natural crafts
- Woodland Games
- Growing and cooking outdoors

**When:** Summer Holidays and October Half Term 10am – 2pm

**Where:** The Old Dairy, Wood Farm, Stanmore

**Suitable for:** Children and young people aged 5-12 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)



## B-Active

**On Offer:** Centre based sports club offering sports such as:

- Football
- Badminton
- Personal Training
- Dance
- Zumba
- Boxercise
- Basketball
- Gymnastics
- Tennis

**When:** Term time Saturday (excluding the first and last Saturday of the term)  
School Holidays once a week 10am – 2pm

**Where:** Cedars Youth and Community Centre, Harrow

**Suitable for:** Children and young people aged 5 - 12 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)

## Drama Llamas

**On Offer:** A performing arts club providing the opportunity to showcase across various events and shows

**When:** Term time Friday 3pm – 5pm  
School Holidays once a week 10am – 2pm

**Where:** ARC House Performing Arts Centre, Harrow

**Suitable for:** Children and young people aged 5 - 19 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)



## After School Clubs

**On Offer:** Centre based activities such as:

- Boxing
- Football
- Basketball
- Badminton
- Dance
- Cinema
- Bowling
- Golf
- Football Table
- 4G Astro turf pitch
- Cooking

**When:** Term time 3pm – 5pm

**Where:** Mondays – Cedars Youth and Community Centre  
Tuesdays – Various community locations  
Wednesdays – Cedars Youth and Community Centre  
Thursday – Kingsley High School

**Suitable for:** Children and young people aged 5 - 19 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)



## Go Wild Residential

**On Offer:** Overnight stay accessing activities such as:

- Zorbing
- High Ropes
- Raft Building
- Climbing Wall
- Go Karts
- Bug Hunting
- Shelter Making

**When:** Term time for 24 hours (4pm – 4pm) at weekends  
School holidays 24 hours (10am – 10am) week days

**Where:** Various countryside locations

**Suitable for:** Children and young people aged 8 - 25 years with all needs and disabilities

**More information:** Telephone: 020 8866 4121  
Website: [www.harrowmencap.org.uk](http://www.harrowmencap.org.uk)



## Norwood

### Unity Club

**On Offer:**

Centre based activities such as:

- Drama
- Soft Play
- Arts and Crafts
- Cookery
- Dance
- Sports
- Music

**When::**

Term time Sunday 2 – 2 ½ hours (between 11am – 1pm) for 5 – 11 years  
(between 2pm – 4.30pm) for 12 – 18 years  
Term time Thursday 4pm – 6pm for 5 – 18 years

**Where:**

Kennedy Leigh Centre, London NW4

**Suitable for:**

Children and young people aged 5 – 18 years with LD, Associated disabilities e.g. physical and behavioural and those with medical needs such as epilepsy

**More information:**

Telephone: 020 8809 8809 – Jo Shone or Laura Barrett  
Website: [www.norwood.org.uk](http://www.norwood.org.uk)



## Unity Holiday Scheme

**On Offer:** Centre based activities such as:

- Drama
- Soft Play
- Arts and Crafts
- Cookery
- Dance
- Sports
- Music

**When:** School Holidays Monday – Friday, 10am – 4pm (1pm on a Friday during winter months)

**Where:** Kennedy Leigh Centre, London NW4

**Suitable for:** Children and young people aged 5 – 18 years with LD, Associated disabilities e.g. physical and behavioural and those with medical needs such as epilepsy

**More information:** Telephone: 020 8809 8809 – Jo Shone or Laura Barrett  
Website: [www.norwood.org.uk](http://www.norwood.org.uk)



## Unity Holiday Scheme

**On Offer:** Day trips such as:

- Zoo
- Outward bound activity centres
- Specialist adventure playgrounds

**When:** School holidays one day per week 10am – 4pm (day to be confirmed)

**Where:** Various community locations

**Suitable for:** Children and young people aged 5 – 18 years with LD, Associated disabilities e.g. physical and behavioural and those with medical needs such as epilepsy

**More information:** Telephone: 020 8809 8809 – Jo Shone or Laura Barrett  
Website: [www.norwood.org.uk](http://www.norwood.org.uk)

## Kids Can Achieve (KCA)

### After School Club

**On Offer:** Centre based activities such as:

- Dance
- Drama
- Music
- Cooking
- Computers
- Arts and Crafts
- Sports
- Reading
- Role play
- Group games
- Free play/relaxation time

**When:** Term Time Monday – Friday 3.30pm – 6pm

**Where:** Cedars Hall, Harrow

**Suitable for:** Children and young people aged 5 – 25 years with LD, physical disabilities, sensory impairments, complex health needs including those who are technology dependent, ASD, ADHD, Association challenging behaviours, Behavioural disorders, Cerebral Palsy, Communication difficulties, Global developmental delay

**More information:** E-mail: [info@kidscanachieve.co.uk](mailto:info@kidscanachieve.co.uk)  
Telephone: 020 8420 2300  
Website: [www.kidscanachieve.co.uk](http://www.kidscanachieve.co.uk)



## Saturday Club

**On Offer:** Centre based activities such as:

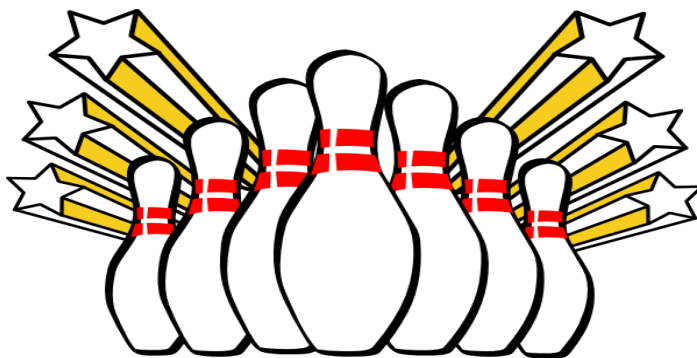
- Dance
- Drama
- Arts and Crafts
- Baking
- Cinema Club
- Tech club
- Yoga

**When:** Term Time Saturdays 11am – 3pm

**Where:** Cedars Hall, Harrow

**Suitable for:** Children and young people aged 6 – 12 years with LD, physical disabilities, sensory impairments, complex health needs including those who are technology dependent, ASD, ADHD, Association challenging behaviours, Behavioural disorders, Cerebral Palsy, Communication difficulties, Global developmental delay

**More information:** E-mail: [info@kidscanachieve.co.uk](mailto:info@kidscanachieve.co.uk)  
Telephone: 020 8420 2300  
Website: [www.kidscanachieve.co.uk](http://www.kidscanachieve.co.uk)



## Holiday Play Scheme – Centre Based

**On Offer:** Centre based activities such as:

- Arts and crafts
- Music
- Dance
- Drama
- Cooking
- Storytelling
- Sports and group games
- Sensory play including sand and water play
- Sensory toys

**When:** School holidays Monday – Friday 10am – 3pm

**Where:** Cedars Hall, Harrow

**Suitable for:** Children and young people aged 6 - 12 years with LD, physical disabilities, sensory impairments, complex health needs including those who are technology dependent, ASD, ADHD, Association challenging behaviours, Behavioural disorders, Cerebral Palsy, Communication difficulties, Global developmental delay

**More information:** E-mail: [info@kidscanachieve.co.uk](mailto:info@kidscanachieve.co.uk)  
Telephone: 020 8420 2300  
Website: [www.kidscanachieve.co.uk](http://www.kidscanachieve.co.uk)



## Holiday Play Scheme – Community Based

**On Offer:**

Day trips such as:

- Cinema
- Bowling
- Trampoline
- Swimming
- Museums
- Parks (Cassiobury Park, Watford, Rickmansworth Aquadrome, Ruislip Lido, Hyde Park)
- London Aquarium
- London Shrek World

**When:**

School holidays Monday – Friday 10am – 3pm

**Where:**

Various locations

**Suitable for:**

Children and young people aged 6 – 12 years with LD, physical disabilities, sensory impairments, complex health needs including those who are technology dependent, ASD, ADHD, Association challenging behaviours, Behavioural disorders, Cerebral Palsy, Communication difficulties, Global developmental delay

**More information:**

E-mail: [info@kidscanachieve.co.uk](mailto:info@kidscanachieve.co.uk)

Telephone: 020 8420 2300

Website: [www.kidscanachieve.co.uk](http://www.kidscanachieve.co.uk)



## Holiday Youth Scheme

**On Offer:** Centre based activities such as:

- Music
- Arts
- Games

**When:** School holidays Monday – Friday 10am – 3pm

**Where:** Cedars Hall, Harrow

**Suitable for:** Young people aged 13 - 18 with LD, physical disabilities, sensory impairments, complex health needs including those who are technology dependent, ASD, ADHD, Association challenging behaviours, Behavioural disorders, Cerebral Palsy, Communication difficulties, Global developmental delay

**More information:** E-mail: [info@kidscanachieve.co.uk](mailto:info@kidscanachieve.co.uk)  
Telephone: 020 8420 2300  
Website: [www.kidscanachieve.co.uk](http://www.kidscanachieve.co.uk)



## Holiday Youth Scheme

**On Offer:** Day trips such as:

- Parks
- Thames Valley Adventure Playground
- Bowling
- Golf
- Snow Dome

**When:** School holidays Monday – Friday 10am – 3pm

**Where:** Various locations

**Suitable for:** Young people aged 13 - 18 years with LD, physical disabilities, sensory impairments, complex health needs including those who are technology dependent, ASD, ADHD, Association challenging behaviours, Behavioural disorders, Cerebral Palsy, Communication difficulties, Global developmental delay

**More information:** E-mail: [info@kidscanachieve.co.uk](mailto:info@kidscanachieve.co.uk)  
Telephone: 020 8420 2300  
Website: [www.kidscanachieve.co.uk](http://www.kidscanachieve.co.uk)



## Community Based Provision

### DARE

**On Offer:** Providing support to access community provision such as:

- Movies
- Park
- Swimming

**When:** Term time, After School, Weekends and School holidays for a minimum of 2 hours at times that suit the child/young person and their families

**Where:** Various locations

**Suitable for:** Children and young people aged 5 – 25 with PMLD, SLD, MLD, ASD, ASC, Complex needs and medical needs

**More information:** E-mail: [info@dareplayscheme.co.uk](mailto:info@dareplayscheme.co.uk)  
Telephone: 07721 857224  
Website: [www.dareplayscheme.co.uk](http://www.dareplayscheme.co.uk)



## CF Support Services Ltd

**On Offer:** Support to access community provision such as:

- Music
- Dance
- Drama
- Sporting activities
- Yoga
- Soft play
- Horse riding
- Sailing
- Other activities

**When:** Term time, School Holidays, Weekends for a minimum of 2 hours at times that suit the child/young person and their families

**Where:** Various locations

**Suitable for:** Children and young people aged 5 – 25 with Learning Disabilities, Physical Disabilities, ASD, ADHD and Challenging behaviours

**More information:** Telephone: 01473 233994  
Website: [www.cfsupportservices.co.uk](http://www.cfsupportservices.co.uk)



## KIDS

**On Offer:** Support to access community provision such as:

- Cinema
- Bowling
- Swimming
- Travelling
- Sports activities
- Trips into London
- Museums
- Youth Clubs/Social Activities

**When:** Term time, School Holidays, After School, Weekends for a minimum of 2 hours between 9am – 8pm

**Where:** Various locations

**Suitable for:** Children and young people aged 0 – 25 with any disabilities

**More information:** Telephone: Leanne on 020 7288 7176 or 07990 004142  
Website: [www.kids.org.uk](http://www.kids.org.uk)



## Sense

**On Offer:** Support to access community provision such as:

- Sports Clubs
- Dance
- Theatre
- Cooking

**When:** Term time, School Holidays, After School, for 2 – 5 hours at times that suit the child/young person and their families#

**Where:** Various locations

**Suitable for:** Children and young people aged 6 – 25 with Complex communication and sensory needs (single or dual sensory impairment), ASD, Complex needs with LD and/or Physical Disabilities, Behavioural, emotional and social difficulties

**More information:** E-mail: [buddying@sense.org.uk](mailto:buddying@sense.org.uk)  
Telephone: 020 7014 9303  
Website: [www.sense.org.uk](http://www.sense.org.uk)



## Surecare Harrow and Watford

**On Offer:** Support to access community provision such as:

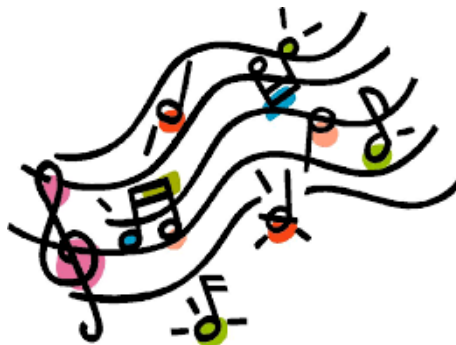
- Swimming
- Cinema
- Live Concerts
- Football matches
- Restaurants
- Theatre
- Beach
- Zoo
- Transition services (preparing young people for adulthood)
- Mentors to support young people into employment
- Expressive Arts and Crafts
- Exploring the world (spending time in the environment)
- Bird watching
- Plane spotting
- Train spotting
- Baking

**When:** Term time, School Holidays, After School, Weekends for a minimum of 2 hours at times that suit the child/young person and their families

**Where:** Various locations

**Suitable for:** Children and young people aged 0 – 25 with LD, Physical disabilities, Sensory impairment, complex health needs, ASD, ADHD, Associated Challenging behaviour, behavioural disorders, Cerebral Palsy, Communication difficulties, Global developmental delay

**More information:** E-mail: [enquiries@surecareharrow.co.uk](mailto:enquiries@surecareharrow.co.uk) or [suresh@surecareharrow.co.uk](mailto:suresh@surecareharrow.co.uk)  
Telephone: 020 3409 2497 Suresh, Shyam or Tejal  
Website: [www.surecare.co.uk](http://www.surecare.co.uk)



## Kids Can Achieve (KCA)

**On Offer:**

Support to access community provision such as:

- Swimming
- Sports
- Exercise Sessions
- Sailing
- Horse riding
- Play with mainstream and specialist settings

**When:**

Term time, School Holidays, Weekends for a minimum of 3 hours between 7am – 10pm at times that suit the child/young person and their families

**Where:**

Various locations

**Suitable for:**

Children and young people aged 5 – 25 with LD, Physical Disabilities, Sensory impairment, Complex health needs, ASD, ADHD, Associated challenging behaviour, behavioural disorders, Cerebral palsy, Communication difficulties, Global Developmental delay

**More information:**

E-mail: [info@kidscanachieve.co.uk](mailto:info@kidscanachieve.co.uk)

Telephone: 020 8420 2300

Website: [www.kidscanachieve.co.uk](http://www.kidscanachieve.co.uk)



## Abbreviations

LD	Learning Disability
MLD	Mild Learning Disability
SLD	Severe Learning Disability
PMLD	Profound and Multiple Learning Disabilities
ASD	Autistic Spectrum Disorder
ADHD	Attention Deficit and Hyperactivity Disorder
PD	Physical Disability
SI	Sensory Impairment

January 2019