

# Leeds Short Breaks Statement



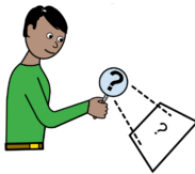
A Short Break is a fun activity where you can spend time with friends and learn new skills.



Short Breaks are for 0-18 year olds with Special Educational Needs and/or Disabilities (SEND) who live in Leeds.



If you would like to get involved with a fun activity speak to your parents or carer.



They can help you look at what activities are taking place that you might enjoy.



There are different types of Short Breaks depending on what help you need.



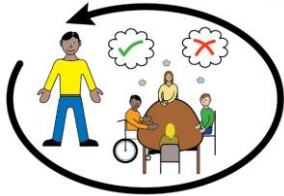
Universal Short Breaks are fun activities open to everyone. For example Youth Clubs, Leisure Centres and Sports Clubs



Targeted Short Breaks are fun activities just for young people with SEND. A grown up that knows you well will need to fill in a form to say you would like to come along.



Specialist Short Breaks are for children and young people who need more help. A social worker or teacher will look if this is the right activity for you.



Sometimes we need to speak to more people to make sure it is the right activity for you. This group of people are called the RADAR Panel.



Conversations do take time, but don't worry! People are doing their best to help.



If you are not happy at your fun activity or change your mind, speak to a grown up about how you are feeling.



If you want more information about Short Breaks and Fun Activities go to the Leeds Local Offer ([www.leedslocaloffer.org.uk](http://www.leedslocaloffer.org.uk))