



## Short Breaks Category 3 Support

Category 3 Short Breaks support young people and their families to increase access to universal services by providing tailored, personalised support, enabling families to help themselves.

They are aimed at young people between the ages of 11-18 years, providing bespoke packages and personalised support.

### **Albion in the Community (AITC) Engagement service (Countywide)**

AITC is pleased to offer the ability and capacity to work with and engage young people within the community or at home and signpost to appropriate AITC opportunities and beyond; using the ability to build up interpersonal relationships to help support individuals to break out of the cycle of isolation and help build confidence and resilience. This includes offering participants supported access to universal services by utilising existing AITC disability football programmes and our Gully's Days Out scheme. This would include young people being provided with direct or guided support to be able to access any of AITC's existing regular disability football sessions. This service is offered countywide and our Engagement Officer is able to support 2-3 young people at a time.

- Contact: Paul Brackley [Paul.Brackley@albioninthecommunity.org.uk](mailto:Paul.Brackley@albioninthecommunity.org.uk)

### **Aspens Youth Engagement Support (Adur and Worthing and Arun)**

A combined service that offers a bridge between our 1:1 Buddy Scheme Support and our Specialist Support Service. Support is provided to the child/young person and their family to help identify strategies that the youth engagement worker will then embed within the support they provide to the child/young person. We can provide support in an education setting, support in leaving the house and accessing the community.

- Contact: Samantha Fievez [Samantha.Fievez@aspens.org.uk](mailto:Samantha.Fievez@aspens.org.uk)

### **Barnardo's Next Steps Personal Support (Mid Sussex)**

Aims to help young people aged 12-18 years with a learning difficulty or difficulties. We aim to promote independence and the development of the young people's life skills while making our sessions fun and enjoyable. We tailor make every package to each young people in order to provide them with the correct targeted support they need. Our support sessions are between 3 to 4 hours and can be used to develop life skills and young people's targets.

- Contact: Aimee Comer [aimee.comer@barnardos.org.uk](mailto:aimee.comer@barnardos.org.uk)



## **Crossroads/(Carers Trust East Midlands (Adur and Worthing, Arun, Chichester and Horsham)**

We are offering a bespoke service to families who are struggling to support children who have been socially isolated, due to either school exclusion, home tuition or anxiety preventing them to attend education and have friendships, this can be anything from an hour up to a whole day or evening support, or can build slowly as their trust and relationships improve.

We also offer support to attend or remain at a group or club they would like to go to, (one young person we are currently supporting to engage in the 2 hour group at sea cadets) or a college placement or evening class.

- Contact: Yvonne Hammond-Powell  
[yvonne.hammond-powell@crossroadscare-sc.org](mailto:yvonne.hammond-powell@crossroadscare-sc.org)

## **YMCA (Crawley and Horsham)**

YMCA East Surrey provides one-to-one mentoring support to young people aged 11-18 with moderate learning disabilities, high functioning autism, asperger's and ADHD in Crawley and Horsham. Our trained mentors specialise in supporting young people with disabilities to grow in confidence and personal aspiration. They achieve this by providing guidance, advice and support, through bespoke activities and experiences, personalised to each individual young person.

One-to-one mentoring can support young people to deal with day-to-day challenges, as well as achieving longer term life goals such as:

- Engaging in the wider community
  - Improving communication
  - Developing more positive relationships with friends, family and colleagues
  - Gaining and sustaining employment
  - Improving personal and time management skill
- Contact: Stuart Cox [Stuart.Cox@ymcaeast Surrey.org.uk](mailto:Stuart.Cox@ymcaeast Surrey.org.uk)