



Level 3 - Specialist Short Breaks for Children and Young People with Additional Needs and Disabilities

For Families and Social Workers
September 2025

Eligibility for Specialist Short Breaks

0 – 18 years, may extend to 25 years if there is an assessed need for services to continue

Sometimes a child or young person may have more significant or complex needs due to their disability and will need more specialist support than what is available via universal or targeted services. To identify if there is a need for specialist Short Breaks a social worker will undertake an assessment which will consider the following:

- The identified needs are as a direct result of the child's disability i.e are not due to family dynamics or economic resources
- The degree of care, supervision and support required to meet their needs are much greater than that usually required to meet the needs of children and young people of the same age
- The identified needs cannot be met in any other way through universal, targeted or family support/provision

The assessment will include a minimum of one home visit by an allocated social worker. Checks with other health, care and education professionals involved with the child/young person and their family will also be undertaken.

During the assessment, the social worker will work with the family to identify what support is needed. This could be referrals to other agencies that can offer specialist advice and support or this could be in the form of a funded package of support. Any identified funded package of support will be presented to the Children with Disabilities Multi Agency Panel for consideration.

The support provided may include one or a number of services such as; a personal assistant, support in the family home, specialist group/club provision, overnights away from the family home. These services will be commissioned specifically for the child's/young person's needs or alternatively a family may choose to take a Direct Payment to arrange the services themselves.

Any services provided will be regularly reviewed in line with the child's needs. This means that support can increase, decrease or cease.

If you feel you need more support than what can be accessed via Universal or Self-Referral Short Breaks, please contact our Multi Agency Children's Hub (MACH) on 01642 130700 or email RedcarMACH@redcar-cleveland.gov.uk.

Children and Young People's Continuing Care

Some children and young people (up to age 18), may have very complex health needs and may be eligible for continuing care.

These may be the result of:

- congenital conditions
- long-term or life-limiting conditions
- disability
- serious illness or injury

The Integrated Care Board (ICB) has responsibility for assessing children and young people to see if they need a package of continuing care. A referral can be made by any health professional, social worker or carer who feels a continuing care package may be required. When a child or young person is referred for an assessment, the ICB might first check if they are likely to need a full assessment.

A health assessor will then collect evidence of the child's needs, drawing on the advice of health and care professionals. An important part of the assessment is to capture the preferences of the child or young person and their family. The assessment will look at the current care being provided but a decision on whether or not a child or young person has a continuing care need is based on the nature of their needs, rather than the care available, or whether or not they have a particular condition.

The health assessor will make a case to a panel of experts, who decide based on the evidence, and the recommendation, if the child or young person has a continuing care need.

Depending on the decision, a package of care is then agreed; some of this care may be provided through existing services such as Short Breaks; some may need to be specially arranged.

Provider Overview

Provider	Category	Age Range	Page
Advantage Healthcare	Home and Community Support	Birth to Adults	5
Avalon Group	Overnights away from the family home and Day support	16 years +	6
Bespoke Heath and Social Care	Home and Community Support	Birth to Adults	7
Bykare Services	Home and Community Support	4 – 18 years	8
Granville Lodge	Overnights away from the family home	5 – 18 years	9
iCare Living Ltd	Home and Community Support	0 – 25 years	10
Inspire Together	Home and Community Support	0 – 18 years	11
MAIN	Community Support	5 years +	13
Meadowvale Homecare	Home and Community Support	All ages	14
On the B4nk	Community Support	6 years +	15
Oxford Human Capital Incorporated Ltd	Home and Community Support	0 – 25 years	16
RCBC In House Fostering	Overnights away from the family home	0 – 18 years	17
SNe	Home and Community Support	Birth to Adults	18
The Ark Care Principles	Home and Community Support	0 – 25 years	19
The Ark Respite Centre	Overnights away from the family home	4 – 18 years	20
TS Healthcare Ltd	Home and Community Support	Birth to Adults	21
Zoe's Place	Overnights away from the family home	Birth – 6 years (extended to 8 years old for those with high level needs)	23
Direct Payments			24
Baysdale Health Funded Respite Centre			25



CQC Number:	CRT1-10251914131
Age Range:	All Ages
List of Services:	Complex needs paediatric and Adult Noncomplex care Brain injury Care Spinal Injury Learning Disabilities Challenging Behaviours
Contact details for enquires:	Registered Manager Christine Archibald 01642 606805
Website:	www.advantagehealthcare.com
Overview of provision:	24/7 care packages Minimum 6 hours to 12-hour shifts 2:1 care 1:1 care School/nursery packages



CQC Number:	1-101673117
Age Range:	16+ Shared Lives 18+ Supported Living Community Support and Mental Health
List of Services:	Shared Lives Supported Living Community Support Day Support
Contact details for enquires:	teesside@avalongroup.org.uk liambeattie@avalongroup.org.uk 01642 633556
Website:	www.avalongroup.org.uk
Overview of provision:	Shared Lives offers personalised short breaks and day support which is provided by trained and regulated Shared Lives Carers – In Shared Lives, carers open their homes to provide support to anyone aged 16+ with a care or support need. Young people are matched to carers on a range of factors including environment, level of need, lifestyle, age, hobbies and cultural needs, ensuring breaks and day support are mutually beneficial and lead to lasting relationships. Shared Lives has been recognised as the safest form of care in the UK, and offers a truly personalised experience, where the young person being supported has maximised choice and spends their time with someone who knows and understands their wants and needs.

Bespoke Health and Social Care



Ofsted/CQC Registration number:	CQC - 07717767
Age Range:	Children and Adults 0+
List of Services:	Physical Disability Airway Management Sensory Impairment Mental Health Behaviours that challenge Learning Disability Neurological conditions
Contact details for enquires:	Jody Tierney – 07399 555 974 referrals@bhsc.care / Jody.Tierney@bhsc.care
Website:	Bespoke Health & Social Care (bhsc.care)
Overview of provision:	Since 2011, Bespoke Health and Social Care (BHSC) has been providing Complex Care to Children and Adults in their own homes. Our fundamental belief is that individuals and their families should be empowered to make choices and have control over their care which enables them to live safely at home, promotes their independence and offers them a circle of support to fulfil their unique potential and aspirations. Our long track record gives BHSC experience and resilience to shape our services to individuals with unique complex care needs whilst providing person centred support offering choice and independence that support positive outcomes. BHSC support 38 adults and 28 children with a range of acute clinical needs, maintaining their health and wellbeing in the community. Many of these packages of care are 100+ hours per week delivered by our teams, including support workers performing delegated healthcare tasks under the supervision of our Clinical Nurse Specialists (CNS) with PBS oversight, where required. The CNS is responsible for clinical care planning, training, clinical governance and our PBS leads support with PBS plans, as and when required. We ensure that the establishment of a robust Care Plan and its careful management and monitoring throughout our working with individuals means that the delivery of high-quality care evolves as the CYP develops and achieves their outcomes. In this way we can always ensure that the service reflects the true needs of the CYP.

Bykare Services



Ofsted/CQC Registration number:	1-9304222022
Age Range:	4 – 18 years
List of Services:	Personal Care Companionship Medication Management Meal Preparation Transportation Housekeeping Physical Assistant Health Monitoring Respite Care
Contact details for enquires:	Aneeka Hussain aneeka.hussain@bykareservices.co.uk 07442391695
Website:	www.bykareservices.co.uk
Overview of provision:	Bykare Services deliver safe, compassionate and personalised domiciliary care to people in need so that they may continue to live at home and enjoy community and family life.

Granville Lodge



Ofsted Number:	2624223
Age Range:	5 – 18 years (any gender)
List of Services:	Residential care Short break care
Contact details for enquires:	01429 222247 granville.lodge@activecaregroup.co.uk Referrals Team 01732 779353 Referrals@activecaregroup.co.uk
Website:	https://activecaregroup.co.uk/location/granville-lodge/
Overview of provision:	We provide social care for children on a residential and short break basis, all children have complex physical disabilities as per registration. We have numerous facilities for our children which include all adaptations that the child may need, we have specialist beds, specialist bathing and shower areas including a Jacuzzi bath, all moving and handling equipment is included apart from personalised slings.  We have a fabulous activity and sensory room which our children appear to love, a cinema area along with the other communal areas, our children have full use of a fully accessible sensory garden and wheelchair swing.  Outside of Granville Lodge we have several transports for our inclusive activity programme where we will take children to various settings within the community ranging from ice skating, trips to the cinema, specialist play services or to other interests they have. Personalised care is very important to both the child, families and to our service, we strive to provide a homely family environment but with the level of staffing with trained ability to enable niche care on a specific individualised basis. 



CQC Number:	CRT 1-9860157249
Age Range:	0-65+
List of Services:	Learning Disability/Autism Acquired Brain Injury Spinal Injury Enteral Tube Feeding Bowel & Catheter Care Stoma Care Tracheostomy Care Ventilation & Airway Management Epilepsy Care Neurological Conditions
Contact details for enquires:	referrals@icareliving.co.uk 0800 107 3034
Website:	www.icareliving.co.uk
Overview of provision:	24/7 care packages Minimum 6 hours to 12-hour shifts 2:1 care 1:1 care School/nursery packages Supported Living iCare Living provides specialist support to children and adults with medium/high level needs. Our packages of care are nurse led and can be delivered in an individual's own home or we can work to source suitable accommodation through our supported living services.

Inspire Together

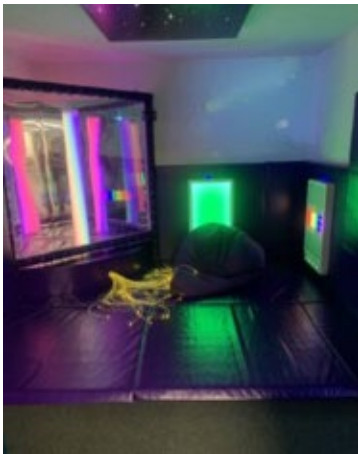


Registration number:	CQC ID – 1-13780517844
Age Range:	0 – 18 years
List of Services:	Community support Support with Independent skills Mental Health support Support with Positive behaviour analysis PACE trained staffing Clinical Nurse staff to oversee care and support Personal care Nursing care Relational security support Psychosocial interventions such as Graded exposure, anxiety management, Mental health education, Behavioural activation, coping skills, Well Man/woman Early intervention Crisis intervention Learning disability support such as sensory diet, sensory awareness, Autism awareness and practical support. Specialism in Mental health and Autism- Clinical Nurses Relapse recovery work Recovery star 6 weekly reviewed plans and goal setting Care planning and Risk assessments MDT collaborative working Family support
Contact details for enquires:	Kimberly Nevison – kim.nevison@inspire-together.com 07517185650 Ian Nevison – ian.nevison@inspire-together.com 07954430246
Website:	www.inspire-together.com
Overview of provision:	Inspire Together is equipped to provide the young person with consistent staffing, ensuring a stable and familiar team of professionals are always available. Our staff members have been rigorously trained in Positive Behaviour Support (PBS), equipping them with a profound understanding of individual needs and the most effective strategies for behaviour management. Inspire Together is led and run by experienced Mental Health Nurses with a strong background in CAMHS and Early Intervention, spending the majority of the career working in community teams in NHS and working with Dual diagnosis. We work from a CHIME recovery Model and have a strong focus on relapse prevention work, crisis intervention and crisis response with a LOW arousal approach. At Inspire we recognise the crucial need for community support person centred approach which focuses on social inclusion and the Recover star model.

	All staff have been trained in psychosocial interventions, low level DBT management, low level CBT approach skills, LOW AROUSAL, managing Psychosis and hearing voices, techniques to managing hearing voices, Gender identity in children, Ligature face to face training, PACE training, Mental health act, Staff have experienced working with young people subject to DOLS in the community. All staff have additionally received training around crisis intervention and crisis responses which highlights the need to prevent hospital admissions or repeat hospital admissions. Additionally, all staff are ARC trained which looks at the least restrictive approach to care, trauma informed care, managing behaviours that challenge and personal protection techniques. All young people we support are given a clinical lead that over see's the staff and offers supervision, team meetings, training, resilience training, compassion fatigue training and clinical lead will liaise with social worker, health services, police etc. The clinical lead will provide Philomenia protocol, PBS, care plan, risk assessments, About me, activities planner and food planners, the lead will research the area and support education, support activities to fill in the young persons time and promote relationships and social inclusion. A weekly report will be produced and sent to social worker and children's placement which will highlight PBS, activities, medication concordance, presentation, Mental state examination, Sleep hygiene, Nutritional support, social inclusion, education, hobbies, young person's wants wishes and feelings, overview of staff's thoughts on how the week has been, clinical lead impression, young person's self-care and routine. The combination of this specialised training along with the provision of stable and consistent staffing is vital in fostering a deep comprehension of the young person's needs. This approach empowers our staff to respond to young people's behaviours with sensitivity and effectiveness.
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MAIN



Registration number:	Not applicable
Age Range:	5+
List of Services:	PA Short Breaks Services Club Short Break Services
Contact details for enquires:	serviceteam@iammain.org.uk
Website:	www.iammain.org.uk
Overview of provision:	MAIN provides short breaks for children with disabilities. We offer PA services where support can be provided for the child/ young person on a 1:1 or 2:1 basis, in a community-based setting allowing them to access activities of their choice. We also offer various clubs and groups, which can be self-referral, or social worker referral. We provide clubs for all ages and abilities, up to and including adults. Our clubs are based in our centre which is tailored to meet the needs of our clients in North Ormesby, Middlesbrough. Our centre includes sensory room, soft play, outdoor play area, toys and computer games. Children will be able to access structured activities provided by our experienced team.  

Meadowvale Homecare



Ofsted/CQC Registration number:	1-2119150907
Age Range:	All ages
List of Services:	Domiciliary care PA support Waking nights Sitting Service Support Work
Contact details for enquires:	Ebony-May Lewis 01287653063
Website:	www.meadowvalehomecare.co.uk
Overview of provision:	Here at Meadowvale Homecare we work by the mantra 'Your care, your choices' and this is fundamentally important to all of our care workers. We are not just here to work, we are here to care and achieve this with the highest of standards. Delivering bespoke care for children and young people, all of our packages are tailored specifically to the individual and their needs. We use the strengths and goals of you or your loved ones as foundations to build upon looking after not only physical needs but those attached to health and well-being. Holding high respect and regard for dignity, independence and choice we listen to what you have to say whilst delivering social care needs. As a company we fully understand the huge role a care worker plays in the life of you or a loved one and this is why we commit to providing the same person as often as possible.

On the B4NK



Registration number:	Not registered
Age Range:	6 years +
List of Services:	Outreach In-Service Short Term Emergency Support Edge of Care
Contact details for enquires:	team@ontheB4NK.com 07707 452767
Website:	www.ontheB4NK.com
Overview of provision:	'on the B4NK' provides staffing cover in the health and social care sector to providers who require additional staffing, a particular skillset, or short-term emergency cover. This spans children's and adult's services, including public and private organisations. We provide outreach support to take young people on a range of outings and activities and to help them develop valuable life skills. This also enables families to have some respite. We also provide short-term and edge of care support to help maintain family or foster placements and reduce numbers of children going into care.



Ofsted/CQC Registration number:	CRT1-18453893342
Age Range:	0 – 25 years
List of Services:	Support for Disabilities and Autism - Personal Care Assistance Mental Health and Emotional Well-being Support for Looked After Children and Care Leavers - Guidance for transitioning to independence, including pathway plans and accommodation options. Safeguarding and Risk Management - Developing safety plans for individuals at risk of exploitation, self-harm, or going missing. - Coordinating with social workers, schools, and families. Education and Employment Support - Helping with transportation to school and work-related opportunities. Social Inclusion and Activities - Providing support to engage in youth clubs, sports, and other hobbies. - Offering escort services to appointments or activities. Independent Living Skills
Contact details for enquires:	Info@oxfordhumancapital.com 03335330048
Website:	Oxfordhumancapital.com
Overview of provision:	Our care agency provides flexible, person-centred support to young people in their homes and local communities. The aim is to promote independence, emotional well-being, and social inclusion, while ensuring safety and stability.

RCBC In-House Fostering



Age Range:	0 - 18 years
List of Services:	Day or overnight care
Contact details for enquires:	Professionals - FosteringDutyTeam@redcar-cleveland.gov.uk Parents/Carers – please discuss with your allocated social worker
Overview of provision:	We have a number of experienced in-house foster carers who provide day or overnight care for children and young people with additional needs and disabilities. This short breaks care takes place in the carers own home and the support the foster carers offer is always tailored to meet individual needs.

SNE Care



CQC Number:	1-2079597179
Age Range:	Birth to Adults
List of Services:	Personal care Social outings Sitting service Overnight stay Clinical trained carers
Contact details for enquires:	Tracey Hugill 07949132452 / 01642 438878 Kuda Mucharerwa 07482453767
Website:	www.sne-care.co.uk
Overview of provision:	At SNe Care we ensure all our staff are highly trained and professional and have experience caring for and looking after children and young people. At SNe Care all staff work together as a team and are always supportive of each other. Our aim is to provide children, young people, and their families with a positive experience from all of our SNe team members. We deliver care to children and young people in their own homes and in the community for social outings to local parks, shops, cinemas, and libraries. We use community venues such as day centres to ensure the development of the child is promoted through social interaction and educational opportunities and therapy facilities within the community. We also provide overnight care in families homes.

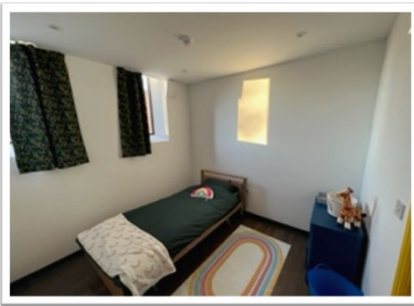
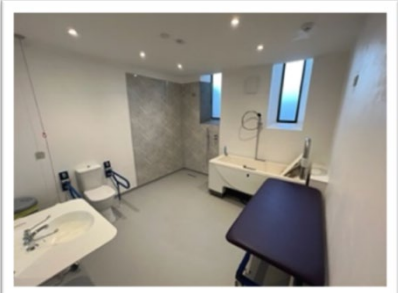
The Ark Care Principles



Ofsted/CQC Registration number:	1-8975296316
Age Range:	4 to 18year
List of Services:	Learning disabilities Autism Mental health conditions, Medication administering/prompting Physical disabilities Personal care Social outings Sitting service Overnight stay
Contact details for enquires:	01642 929111 / 07711110373
Website:	www.arkcareprinciples.co.uk
Overview of provision:	The Ark Care principles stand as a distinguished leader in the home care sector, renowned for its unwavering commitment to compassionate, client centred care. At Ark Care Principles we ensure all our staff are highly trained and professional and have experience caring for and looking after children and young people. At the heart of The Ark Care Principles are a suite of essential serviced designed to meet the needs of children and young people under our care. Our aim is to provide children, young people, and their families with a positive experience from all of our Ark Care staff. We deliver care to children and young people in their own homes and in the community for social outings to local parks, shops, cinemas, and libraries. We also provide overnight care in family's homes.

The Ark Respite Centre



Ofsted/CQC Registration number:	OFSTED REGISTRATION NUMBER: 2712832
Age Range:	4-18 YEARS
List of Services:	Provide care and accommodation for up to 4 children and young people with physical and or learning disabilities under short break arrangements.
Contact details for enquires:	The Ark Respite, Ramsey Road, Dormanstown, TS10 5LH 01642 292920 Email: Jayne@arkrespite.uk or rachel@arkrespite.uk
Overview of provision:	The Ark specialises in providing short overnight breaks for children and children with learning and/or physical disabilities between the ages of 4 and 18 years old. The children who access The Ark may require personal care, medication, behavioural support and support with learning and achievements. The Ark has been designed to create a child centred, non-clinical setting that aims to encourage broad spectrum child development in a safe, fun and comfortable space. The centre promotes children and family's wellbeing to assist families to continue to provide care at home.     

TS HEALTHCARE LIMITED.



☎ : 01902 271 955 / 01902 271 956
 ✉ : admin@tshealthcare.co.uk
 ✉ : smoyo@tshealthcare.co.uk
 🌐 : www.tshealthcare.co.uk

Ofsted/CQC Registration number:	1-6745195804
Age Range:	Birth to adults
List of Services:	Nurse Led Services Treatment of disease, disorder or Injury Complex needs Paediatrics and adults Acquired brain Injury Spinal injury Mental health Crisis Intervention Autism and learning Disability Tracheostomy Care Stoma Care Enteral tube feeding PACE and PRICE trained staff Challenging behaviour Children and family Support services Early Intervention 2:1 staffing 1:1 staffing Waking nights , sit-ins and live-in care
Contact details for enquires:	smoyo@tshealthcare.co.uk Tel: 07427 690 573 ttshuma@tshealthcare.co.uk Tel: 07413 689 102
Website:	www.tshealthcare.co.uk
Overview of provision:	TS Healthcare is a trusted and experienced provider of nurse-led health and social care services, delivering high-quality, person-centred support to both children and adults with a range of complex needs. Our provision is designed to meet the priorities of local authorities by promoting safety, independence, and long-term positive outcomes through skilled and responsive care. Our multidisciplinary team works collaboratively with commissioning bodies, social workers, and healthcare professionals to ensure tailored, flexible support that meets individual needs while aligning with statutory responsibilities and best practice frameworks. Our team includes staff who are PACE and PRICE trained, enabling us to deliver care safely and effectively even in high-risk situations. Clinical care services such as tracheostomy care, stoma management, and enteral (PEG) feeding are carried out by trained professionals, ensuring continuity of care outside of hospital settings and preventing unnecessary admissions. In recognition of the varying levels of support required, we offer both 1:1 and 2:1 staffing ratios, tailored to individual care plans and risk assessments. Our services also include waking night support and sit-in care to provide round-the-clock safety and reassurance for those with high-level or overnight needs.

	As a provider, we are committed to delivering measurable impact, safeguarding vulnerable individuals, and providing cost-effective, community-based care that supports local authorities in meeting their legal duties and strategic aims. Our responsive and collaborative approach ensures that every individual receives the right care, at the right time, in the right setting.
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Zoe's Place



Registration number:	Charity number 1092545 CQC number 1-126804826
Age Range:	Birth to six years old (extended to 8 years old for those with high level needs)
List of Services:	Respite care, Palliative care, emergency care.
Contact details for enquires:	01642 457985 Ashleigh@zoes-place.org.uk
Website:	www.zoes-place.org.uk/middlesbrough
Overview of provision:	Much of the support offered at Zoë's Place is short breaks care. All the babies and Children that attend the Hospice have a life-limiting or life-threatening conditions and complex health needs. The team comprise of registered nurses and experienced care assistants that can care for an array of health needs. We are fortunate to have a wonderful sensory room and soft play at the hospice which can be enjoyed by the children. Zoë's Place offers our parents and carers a chance to recharge their batteries or to spend time with their other children. The value of these short breaks to our families cannot be underestimated and many families tell us that they simply would not be able to cope without the help and support of our team. Alongside the care that we offer to the children we also support the whole family with support through our parent support and the sibling groups. We also provide a counselling accessible to all parents.

Direct Payments

If the Children with Disabilities Multi Agency Panel agrees, you may choose to have some or all of your child's care and support costs paid to you as a Direct Payment. A Direct Payment enables you to make decisions about the provision of care and support such as employing a personal assistant.

There are lots of advantages to employing someone to help with your child's care and support, but being an employer is a big responsibility and there are lots of things to consider.

For more information on Direct Payments or to obtain a copy of 'Our guide to Direct Payments' and 'Our guide on employing a personal assistant' please visit www.redcar-cleveland.gov.uk and search 'Direct Payments'.

If you are interested in a Direct Payment, please discuss with your Social Worker.

Baysdale Short Breaks Service Tees and Esk Wear Valleys NHS Foundation Trust



Baysdale provides short break respite care to children and young people with learning disabilities and associated healthcare needs. Baysdale is located at Roseberry Park Hospital in Middlesbrough and can be accessed by children and young people that live in Teesside.

Staff are trained to care for children with complex physical health needs such as gastrostomy feeding, as well as providing a stable and predictable environment for autistic children and young people and those with ADHD.

Eligible children and young people will be offered 2 overnight stays per month.

How to access the service

Referrals to the service can be made by professionals involved with the family such as Social Workers, GPs or advocates, families can also self-refer. For more information, please call 01642 837308 or email tewv.baysdale@nhs.net

Date	Update record
09/06/2021	BD – Provider section updated
01/07/2021	BD – Provider section updated
13/08/2021	BD – New providers added
08/04/2022	BD – Providers section updated
05/10/2023	BD – Eligibility updated, childrens continuing care updated, providers content reviewed/updated, direct payments updated.
17/09/2024	BD – New providers added
09/10/2024	BD – Providers section updated
03/02/2025	BD – Providers section updated
04/04/2025	BD – Bykare added
09/05/2025	BD – TS Healthcare Ltd added
16/07/2025	BD – Oxford Human Capital Incorporated Ltd added
19/09/2025	BD – The Ark Care Principles added