

# Redcar and Cleveland's Level 2 Short Breaks Self-Referral Clubs Brochure

For Children and Young People aged 5 years and over who  
have Special Educational Support Needs and/or a Disability  
(SEND)



# SHORT BREAKS CLUB INFORMATION

<p><b>Eligibility</b></p>	<p>The clubs are available for Redcar and Cleveland Children and Young People who have Special Educational Needs and/or a Disability. These clubs are self-referral, families do not need a social worker referral or diagnosis to access the sessions.</p> <p>The clubs enable children and young people to create new friendships, to take part in new experiences and have fun doing positive activities. As children and young people will be cared for while accessing the clubs this enables parent carers to have a necessary and valuable break from their caring responsibilities, a chance to rest and unwind and spend time with other members of the family.</p>
<p><b>Age range</b></p>	<p>The clubs are available for children and young people <b>aged 5 years up to their 18<sup>th</sup> birthday</b>.</p> <p><u>Babies up to 5 years</u></p> <p>The Short Breaks Team have a separate activities leaflet for this age range, please visit the Short Breaks webpage (details in the contact section) to obtain a copy.</p> <p><u>Young People 18-25 years</u></p> <p>The clubs will support young people and their families to sign post to Adult social activities ahead of turning 18. <b>In exceptional circumstances, young people may be able to continue attending the clubs beyond their 18<sup>th</sup> birthday. A request by the club will need to be made to the Local Authority to request this.</b></p>
<p><b>Types of Clubs</b></p>	<p>After School Clubs which run during term time</p> <p>Weekend Clubs which run all year</p> <p>Holiday Clubs which run during the school holidays</p>
<p><b>Club Providers</b></p>	<p>Redcar and Cleveland's Short Breaks Team commission and fund specially selected providers to deliver Short Break Clubs. The current club providers are:</p> <ul style="list-style-type: none"> <li>• <b>Join Us</b>                      <b>Page 4 - 5</b></li> <li>• <b>Join Us 1:1</b>                 <b>Page 6 - 7</b></li> <li>• <b>MAIN</b>                         <b>Page 8 - 10</b></li> <li>• <b>Sport Works</b>               <b>Page 11 - 12</b></li> <li>• <b>The Junction</b>               <b>Page 13 - 14</b></li> </ul>
<p><b>Staff Training</b></p>	<p>As a minimum, staff working in our clubs will have undertaken training in the following areas:</p> <ul style="list-style-type: none"> <li>• Medication administration</li> <li>• First aid</li> <li>• Equality and diversity</li> <li>• Learning disabilities</li> <li>• Positive behaviour support</li> <li>• Health and safety</li> <li>• Communication training</li> <li>• Epilepsy</li> <li>• Children's safeguarding</li> <li>• Neurodiversity</li> <li>• Physical disabilities</li> <li>• Online safety</li> <li>• Food hygiene</li> <li>• Safeguarding children with disabilities</li> </ul> <p>In addition to the minimum training each provider will have their own mandatory staff training for these sessions. If a child or young person requires specific</p>

	training to support their needs, please discuss with the club provider or Redcar and Cleveland's Short Breaks Team.
<b>Staffing ratios</b>	Staffing in clubs ranges from 1 member of staff supporting 4 children up to 1 to 1 support. The staffing ratios for each club will be outlined in the club information section.
<b>Induction/visits</b>	<p>If you are unsure which club would be suitable, you are welcome to arrange visits with the clubs before making a decision. Please contact the individual club to arrange.</p> <p>Children and young people and their parents can often be nervous and anxious about attending a new club – this is completely understandable. The clubs will support parents and children until they feel comfortable in the sessions.</p>
<b>Assessments/ care plans</b>	Each club will undertake an assessment to create an individualised care plan. Parents should ensure any changes in care or support needs are shared with the club leader as soon as possible. If children have their own support plan, EHCP or PBS plan please feel free to share these with the club.
<b>Children attending with their own PA/Worker</b>	Some children and young people will have their own dedicated Personal Assistant or Direct Payment Worker (Level 3 Short Breaks). If a child/young person would prefer to attend the clubs with their own worker, either for a short induction period or as their regular support at the sessions this is permitted, however, suitability of the club would still need to be assessed by the club leader and parents.
<b>Transport</b>	<p>Parents are required to take children to and from the sessions.</p> <p>If a child or young person would be unable to attend a club due to lack of transport, the Local Authority may be able to provide support with this. Each request for transport will be assessed on an individual basis. Families should discuss transport requirements with the club leader who will then contact the LAs Short Breaks Team.</p>
<b>Sibling Offer</b>	A number of the clubs will provide regular or dedicated sessions where siblings, who do not have SEND and are of a similar age can also attend the clubs. Please contact individual clubs about their sibling offer.
<b>Concerns about a club</b>	We expect the clubs to be a positive experience for families, however, if you do have any concerns or feedback about a club, these should initially be raised and discussed with the club as they have their own processes to follow. If you feel this is not appropriate or have already raised with the club and are not satisfied with the outcome, please feel free to contact the Short Breaks Team <a href="mailto:Shortbreaks@redcar-cleveland.gov.uk">Shortbreaks@redcar-cleveland.gov.uk</a> or ring 01642 771247.
<b>Contact details</b>	<p>Contact details for the clubs are outlined in their sections of this brochure. Contact details for Redcar and Cleveland's Short Breaks Team:</p> <p><a href="mailto:shortbreaks@redcar-cleveland.gov.uk">shortbreaks@redcar-cleveland.gov.uk</a></p> <p>01642 771247</p> <p><a href="https://www.redcar-cleveland.gov.uk/children-and-families-services/short-breaks-for-carers">https://www.redcar-cleveland.gov.uk/children-and-families-services/short-breaks-for-carers</a></p>
<b>Last brochure update</b>	22/04/26



# Join Us

<b>Club Name:</b>	<b>Join Us Plus (Term Time)</b>
<b>Club Overview:</b>	Youth group sessions for young people aged 13+ offering a wide range of young person led activities which can include board games, X-Box/Wii, Chill Out Space, Music Making, Lego, Arts & Crafts, pool, table football, table tennis, outdoor games/sports, visits in the local community, cooking & baking, messy play and group projects.
<b>Age Range:</b>	13 years +
<b>When:</b>	Tuesdays during term time 6:00pm – 8:00pm Fridays during term time 6:00pm – 8:00pm
<b>Venue:</b>	25k Youth Centre, Ayton Drive, Redcar, TS10 4LR
<b>Staffing ratios:</b>	1:3/1:4
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks:</b>	Children and young people are welcome to bring their own snacks and drinks
<b>Session cost:</b>	50p

<b>Club Name:</b>	<b>Join Us (Term Time)</b>
<b>Club Overview:</b>	Youth group sessions for young people aged 9+ offering a wide range of young person led activities which can include board games, X-Box/Wii, Chill Out Space, Music Making, Lego, Arts & Crafts, pool, table football, table tennis, outdoor games/sports, visits in the local community, cooking & baking, messy play and group projects.
<b>Age Range:</b>	9 – 16 years
<b>When:</b>	Thursdays during term time, 4:30pm – 6:30pm
<b>Venue:</b>	25k Youth Centre, Ayton Drive, Redcar, TS10 4LR
<b>Staffing ratios:</b>	1:3/1:4
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks:</b>	Children and young people are welcome to bring their own snacks and drinks
<b>Session cost:</b>	50p



# Join Us

<b>Club Name:</b>	<b>Join Us (Holidays)</b>
<b>Club Overview:</b>	Holiday activity sessions for young people aged 5-18 offering a wide range of young person led activities which can include board games, X-Box/Wii, Chill Out Space, Music Making, Lego, Arts & Crafts, pool, table football, table tennis, outdoor games/sports, visits in the local community, cooking & baking, messy & sensory play and seasonal crafts/activities.
<b>Age Range:</b>	5 years up to 18 years
<b>When and where:</b>	All sessions are 10:00am – 3:00pm during the school holidays Sessions held in the Guisborough, Eston and Redcar areas.
<b>Staffing ratios:</b>	1:3/1:4
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks:</b>	Children and young people are welcome to bring their own snacks and drinks. A packed lunch is required in the holidays.
<b>Session cost:</b>	£5

<b>Join Us Sibling Offer:</b>	We have a universal youth service offer that is available to young people aged 9-19 years of age. For further details families can contact Neighbourhood Youth Officers: Lee Waters (West of the Borough) 01642 455435, Hellen Higgs (Central) 01642 771181 and Peter Carter (East of the Borough) 01287 650480.
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## [How to contact/book Join Us Clubs](#)

For After School Clubs please email or ring, bookings for the holidays clubs are via Eventbrite. An Eventbrite link will be shared on Facebook and via the Short Breaks SEND Family Mailing List ahead of each school holiday.

**Telephone** - Terry Colley 07825 228053, Emily Ahern 07970 420007, Lisa Stockell 07813343949

**Email** - [joinusshortbreaks@redcar-cleveland.gov.uk](mailto:joinusshortbreaks@redcar-cleveland.gov.uk)

**Facebook:** Join-Us & Join-Us Short Breaks



# Join Us 1:1

<b>Club Name:</b>	<b>Join Us 1:1 (Term Time)</b>
<b>Club Overview:</b>	Youth Group activity sessions for young people aged 5-18 offering a wide range of young person led activities which can include board games, X-Box/Wii, Chill Out Space, Music Making, Lego, Arts & Crafts, pool, table football, table tennis, outdoor games/sports, visits in the local community, cooking & baking, messy & sensory play play and seasonal crafts / activities.
<b>Age Range:</b>	5 years up to 18 years
<b>When and where:</b>	Please contact Join Us 1:1 to confirm session times. Mondays at 25k Youth Centre, Ayton Drive, Redcar, TS10 4LR Wednesdays at Youth Centre, Laurence Jackson School, Guisborough, TS14 6RD Thursdays at California Youth Centre, Guisborough Street, Eston, TS6 9LA
<b>Staffing ratios:</b>	1:1
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks:</b>	Children and young people are welcome to bring their own snacks and drinks.
<b>Session cost:</b>	50p

<b>Club Name:</b>	<b>Join Us 1:1 (Holidays)</b>
<b>Club Overview:</b>	Holiday activity sessions for young people aged 5-18 offering a wide range of young person led activities which can include board games, X-Box/Wii, Chill Out Space, Music Making, Lego, Arts & Crafts, pool, table football, table tennis, outdoor games/sports, visits in the local community, cooking & baking, messy & sensory play and seasonal crafts/activities.
<b>Age Range:</b>	5 years up to 18 years
<b>When and where:</b>	All sessions are 10:00am – 2:00pm during school holidays Wednesdays at California Youth Centre, Eston, TS6 9LA Thursdays at Youth Centre, Laurence Jackson School, Guisborough, TS14 6RD Fridays at Tuned In!, Majuba Road, Redcar, TS10 5BJ
<b>Staffing ratios:</b>	1:1
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks:</b>	Children and young people are welcome to bring their own snacks and drinks, a packed lunch is required in the holidays.
<b>Session cost:</b>	£5

<b>Join Us 1:1 Sibling Offer:</b>	We have a universal youth service offer that is available to young people aged 9-19 years of age. For further details families can contact Neighbourhood Youth Officers: Lee Waters (West of the Borough) 01642 455435, Hellen Higgs (Central) 01642 771181 and Peter Carter (East of the Borough) 01287 650480.
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## [How to contact/book Join Us 1:1 Clubs](#)

For After School Clubs please email or ring, bookings for the holidays clubs are via Eventbrite. An Eventbrite link will be share on Facebook and Via the Short Breaks SEND Family Mailing List ahead of each school holiday.

**Telephone** - Terry Colley 07825 228053, Emily Ahern 07970 420007, Lisa Stockell 07813343949

**Email** - [joinusshortbreaks@redcar-cleveland.gov.uk](mailto:joinusshortbreaks@redcar-cleveland.gov.uk)

**Facebook:** Join-Us & Join-Us Short Breaks



<b>Club:</b>	<b>MAIN Guisborough</b>
<b>Club overview:</b>	Arts and crafts, messy play, toys, and games - activities based on participants choice.
<b>Age range:</b>	5 years up to 18 years (Club will be split into smaller groups of ability and interest)
<b>When:</b>	All sessions take place on a Tuesday:  <u>5-11 years</u> 4:15pm – 6:15pm during term time 9:00am – 1:00pm during holidays  <u>12 years up to 18 years</u> 6:30pm – 8:30pm during term time 1:30pm – 5:30pm during holidays
<b>Where:</b>	Highcliffe Primary School, Hutton Lane, Guisborough, TS14 8AA
<b>Staffing ratios:</b>	1:4 / 1:3 / 1:2 and 1:1
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	No hoist, however, disabled change facilities are available throughout the school.
<b>Snacks and drinks:</b>	We provide juice and snacks throughout the session and use snack time as part of our activities. In the holidays a packed lunch is required.
<b>Siblings offer:</b>	Siblings can attend the sessions if there are adequate spaces available.
<b>Session cost:</b>	Free

<b>Club:</b>	<b>Adventures</b>
<b>Club overview:</b>	Play therapy, soft play, sensory activities arts and crafts.
<b>Age range:</b>	5 – 12 years old
<b>When:</b>	Takes place fortnightly on a Saturday 12:00noon – 4:00pm
<b>Where:</b>	Finlay Cooper Centre, Elizabeth Terrace, North Ormesby TS3 6EN
<b>Staffing ratios available:</b>	1:2 / 1:1
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks provision:</b>	Children can bring their own, however, juice and snacks will be provided.
<b>Session cost:</b>	Free



<b>Club:</b>	<b>Explorers</b>
<b>Club overview:</b>	Play therapy, soft play, sensory activities, arts and crafts.
<b>Age range:</b>	12 years up to 18 years
<b>When:</b>	Takes place fortnightly on a Sunday 12:00noon – 4:00pm
<b>Where:</b>	Finlay Cooper Centre, Elizabeth Terrace, North Ormesby TS3 6EN
<b>Staffing ratios available:</b>	1:2 and 1:1
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks:</b>	Children can bring their own, however, juice and snacks will be provided.
<b>Session cost:</b>	Free

<b>Club:</b>	<b>Moovers and Groovers</b>
<b>Club overview:</b>	Wellbeing group for children who are autistic, neurodivergent, and or have a learning disability. Gentle exercise to boost your energy, improve flexibility and feel stronger with fun, low impact movement. Singing and dancing for joy and fun.
<b>Age range:</b>	8 up to 18 years (club will be split into ability and interests)
<b>When:</b>	Tuesdays 6:00pm – 8:00pm weekly
<b>Where:</b>	Finlay Cooper Centre, Elizabeth Terrace, North Ormesby TS3 6EN
<b>Staffing ratios:</b>	1:4 / 1:3
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks provision:</b>	Children can bring their own, however, juice and snacks will be provided.
<b>Session cost:</b>	Free

<b>Club:</b>	<b>Youth Group</b>
<b>Club overview:</b>	Play therapy, soft play, sensory activities arts and crafts.
<b>Age range:</b>	5 years – up to 18 years
<b>When:</b>	Saturdays 9:00am – 11:00am every week Sundays 9:00am – 11:00am every week
<b>Where:</b>	Finlay Cooper Centre, Elizabeth Terrace, North Ormesby TS3 6EN
<b>Staffing ratio:</b>	1:4 / 1:3 / 1:2 and 1:1
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks provision:</b>	Children can bring their own, however, juice and snacks will be provided.
<b>Session cost:</b>	Free



<b>Club:</b>	<b>Holiday Fun Clubs</b>
<b>Club overview:</b>	Play therapy, soft play, sensory activities arts and crafts.
<b>Age range:</b>	5 years up to 18 years (Club will be split into smaller groups of ability and interest)
<b>When:</b>	Monday – Friday’s during school holidays excluding bank holidays. Morning sessions - 9:00am – 1:00pm Afternoon sessions – 1:30pm – 5:30pm
<b>Where:</b>	Finlay Cooper Centre, Elizabeth Terrace, North Ormesby TS3 6EN
<b>Staffing ratios:</b>	1:4/1:3/1:2 and 1:1
<b>Personal care support available:</b>	Yes
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks provision:</b>	Children need to bring a packed lunch. A drink and snack will be provided.
<b>Session cost:</b>	Free

## [How to contact/book MAIN Clubs](#)

Please contact the Service Team by email or phone

**Email** - [serviceteam@iammain.org.uk](mailto:serviceteam@iammain.org.uk)

**Contact number** – 01642 608012

**Website** - <https://iammain.org.uk>

**Facebook** - @WeAreMAIN

<b>Club:</b>	<b>Multi-Sport Fun Marske</b>
<b>Club overview:</b>	A range of multi-sport and wellbeing activities which provide opportunities for individuals to improve fitness, gain new friends and enhance independence. Our sessions are fun, interactive and use a wide range of inclusive resources to offer a unique learning environment.
<b>Age range:</b>	5 years up to 18 years
<b>When:</b>	Mondays 4:30am – 6:30pm in Marske during term time
<b>Where:</b>	The Marske Centre, 67-71 High Street, Marske, TS11 6JL
<b>Staffing ratios available:</b>	1:3/1:4
<b>Personal care support available:</b>	Yes, on request
<b>Hoist and change facilities available:</b>	No
<b>Snacks and drinks provision:</b>	Children and young people can bring snacks and drinks to the sessions. Children will need to bring a packed lunch during the holidays.
<b>Session cost:</b>	Free

<b>Club:</b>	<b>Multi-Sport Fun Eston</b> <b>please note this clubs may be closing due to low attendance</b>
<b>Club overview:</b>	A range of multi-sport and wellbeing activities which provide opportunities for individuals to improve fitness, gain new friends and enhance independence. Our sessions are fun, interactive and use a wide range of inclusive resources to offer a unique learning environment.
<b>Age range:</b>	5 years up to 18 years
<b>When:</b>	Term Time - Thursdays 4:30pm – 6:30pm in Eston School Holidays - Thursdays 10:00am – 3:00pm in Eston
<b>Where:</b>	Eston Leisure Centre, Normanby Road, Eston, Middlesbrough, TS6 9AE
<b>Staffing ratios available:</b>	1:3/1:4
<b>Personal care support available:</b>	Yes, on request
<b>Hoist and change facilities available:</b>	Yes
<b>Snacks and drinks provision:</b>	Children and young people can bring snacks and drinks to the sessions. Children will need to bring a packed lunch during the holidays.
<b>Session cost:</b>	Free



<b>Sport Works Sibling offer:</b>	Siblings (without additional support needs or disabilities) may attend the sessions if they are aged 5 years and over. This must be requested when booking the sessions.
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## [How to contact/book Sport Works Clubs](#)

Sessions are booked online, however, if you would like more information or to discuss your child's needs please get in touch.

**Online booking** - <https://bookwhen.com/sportworksne>

**Telephone** - John Newton 07940457993 or 0191 5800 120

**Email** - [john.newton@sportworksltd.co.uk](mailto:john.newton@sportworksltd.co.uk) / [info@sportworksltd.co.uk](mailto:info@sportworksltd.co.uk)

**Facebook** - SportWorksUK

**Instagram** - SportWorks



<b>Club:</b>	<b>The Junction Short Breaks – Guisborough</b>
<b>Club overview:</b>	<p>We offer a range of activities to build social confidence, group engagement, work on personal and social development and have fun!</p> <p>Fun filled sessions including arts and crafts, games, team building activities, cooking sessions and involvement in community projects.</p>
<b>Age range:</b>	<p>5 years up to 17 years</p> <p>Engage group (5-11 years) and Connect group (12-17 years). The groups meet on the same day and time.</p> <p>To best support individual needs and promote positive social interaction, young people will be grouped based on their interests, preferred activities and developmental stages. We create inclusive groups that consider age as a factor alongside other personal preferences and abilities. A staff member will always be present with each group for close supervision and engagement. Activities delivered in a carousel type format will be adjusted to engage young people depending on age, ability and capacity to understand.</p>
<b>When and where:</b>	Saturdays 9:30am – 12:30pm at Guisborough
<b>Where:</b>	Guisborough Youth Club, Laurence Jackson School, Church Lane, Guisborough TS14 6RD
<b>Staffing ratios:</b>	1:3 and 1:4
<b>Personal care support available:</b>	No
<b>Hoist and change facilities available:</b>	No
<b>Snacks and drinks:</b>	Lunch, snacks and drinks will be provided. Examples of our snacks and drinks; fruit, wraps, toast, crisps, juice, water etc.
<b>Sibling offer:</b>	We arrange sessions where siblings can attend, these are planned with the young carers team. We will notify parents when there is a sibling session available.
<b>Session cost:</b>	Free



<b>Club:</b>	<b>The Junction Short Breaks – Lingdale</b>
<b>Club overview:</b>	We offer a range of activities to build social confidence, group engagement, work on personal and social development and have fun!  Fun filled sessions including arts and crafts, games, team building activities, cooking sessions and involvement in community projects.
<b>Age range:</b>	5 years up to 17 years  Engage group (5-11 years) and Connect group (12-17 years). The groups meet on the same day and time. To best support individual needs and promote positive social interaction, young people will be grouped based on their interests, preferred activities and developmental stages. We create inclusive groups that consider age as a factor alongside other personal preferences and abilities. A staff member will always be present with each group for close supervision and engagement. Activities delivered in a carousel type format will be adjusted to engage young people depending on age, ability and capacity to understand.
<b>When and where:</b>	Mondays after school during term time 4:30pm – 6:30pm Mondays in the holidays 9:30am – 2:30pm
<b>Where:</b>	Lingdale Youth Club, High Street, Lingdale, TS12 3EP
<b>Staffing ratios:</b>	1:3 and 1:4
<b>Personal care support available:</b>	No
<b>Hoist and change facilities available:</b>	No
<b>Snacks and drinks:</b>	Lunch, snacks and drinks will be provided. Examples of our snacks and drinks; fruit, wraps, toast, crisps, juice, water etc.
<b>Sibling offer:</b>	We arrange sessions where siblings can attend, these are planned with the young carers team. We will notify parents when there is a sibling session available.
<b>Session cost:</b>	Free

## [How to contact/book The Junction Clubs](#)

Please ring or email one of our Short Break Leads- Alison or Tracy

**Alison Pollitt** - [Alison.pollitt@thejunctionfoundation.com](mailto:Alison.pollitt@thejunctionfoundation.com) 07508659441

**Tracy Parry** - [Tracy.parry@thejunctionfoundation.com](mailto:Tracy.parry@thejunctionfoundation.com) 07738422281

**Service manager- Katie Brooks-** [katie.brooks@thejunctionfoundation.com](mailto:katie.brooks@thejunctionfoundation.com) 07738422297

**The Junction's Office Number** - 01642 756000

**Facebook** – The Junction Foundation

# PHOTO GALLERY

There are 28 photos over the next 3 pages showing children and young people having fun while attending short break clubs.





