

How to use Community Connections

Short Breaks and using 'Universal Services'

This document explains how to use our Community Connections Service for a Short Break.

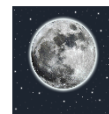
Words in **bold** will be explained.

A **short break** gives a child or young person the chance to have time away from their family.

It also gives their parent or carer the chance to have a break from caring.

The short break could be:

- Day time care at home or somewhere else
- Overnight care at home or somewhere else
- Help for carers in the evenings, weekends, or school holidays
- Education or fun activities out of the home



Cheshire West and Chester Council have lots of Short Breaks. You can find out more from their website [What are Short Breaks? | Live Well Cheshire West \(cheshirewestandchester.gov.uk\)](http://www.cheshirewestandchester.gov.uk)



Disability Positive also works with Cheshire West and Chester Council to run the **Community Connections** Service.



Community Connections is a service that helps young people take part in activities that are not just for disabled people. This is sometimes called using 'universal services'.



We will help the people that run activities by:

Giving training on the Equality Act

Working with others who have experience

Giving help and advice



Helping them with **risk assessments** and **support plans**.

A risk assessment is a document that says what will be done to make sure people are safe.

A support plan is a document that says what help a person needs to join in.



We will help children and young people by:

Giving help and support

Helping them feel happy to try new things

Helping them join in activities without their parent or carer



If you would like to use the service, you can fill in our form online by following this link

www.disabilitypositive.org/services/community-connections

Or you can email cate@disabilitypositive.org

You can contact us if you are a young person, a parent or carer, or if you are someone who runs an activity.

