



SHORT BREAKS

ACTIVITY **CLUBS**





Do you live in Staffordshire? Are you a family with a disabled child aged 8-18?

Then why not join one of our free Short Breaks activity clubs.

Our regular activity clubs give disabled children and young people an opportunity to explore their interests, talents and develop vital life skills.

Together we plan a range of fun and challenging learning activities that meet individual needs, build future hopes and aspirations and provide children with the confidence to achieve their full potential.



Benefits

Our vision is to enable every disabled child and young person to access fun, inspirational and challenging leisure activities that:

- Improve their confidence and self esteem
- Provide an opportunity to improve social skills and make new friends
- Allow them to try new activities and find new interests
- Gain a recognised certificate of achievement

Just as importantly, our Short Breaks activities also provide parents and carers with regular respite periods.



What activities are included?

We offer a wide variety of free activities that are tailored to your child's individual needs. Examples of previous activities include:

- Physical play
- Storytelling
- Recycling of materials
- Learning about the weather
- Counting in a foreign language
- Singing lessons
- Baking classes
- Animal care

Who delivers the clubs?

Our trained team of Caudwell Children staff and volunteers host activity clubs across Staffordshire.

How long do the clubs last?

Our Short Breaks activity clubs can vary in duration, but typically last 3 hours.

Which days are the sessions held?

Short Breaks activity clubs are held on Saturday/Sunday afternoons - children have to bring their own snacks and drinks.

Where are the activity clubs held?

Sessions take place in 8 different locations across Staffordshire, so there is bound to be a club near you:

North Staffordshire

- Moorlands
- Newcastle-under-Lyme

East Staffordshire

- Burton upon Trent
- Tamworth

West Staffordshire

- Stafford
- Wombourne

South Staffordshire

- Cannock
- Lichfield



Who can attend?

- Available to children with a disability
- Aged 8 – 18
- Live in Staffordshire

How can I book a place?

Tel: 0345 300 1348

Email: shortbreaks@caudwellchildren.com

Website: www.caudwellchildren.com/services/short-breaks

Our Partners

Short Breaks activity clubs are provided to Staffordshire families through the support of:

