



Nottinghamshire  
County Council

# Short break services

for adults with learning disabilities



March 2009

The services listed in this leaflet are provided and arranged through Nottinghamshire County Council's Adult Social Care and Health Department.

## What is a short break?

A short break can be:

- **Time away from home for the carer**

Someone comes into your home for a few hours a week. They spend time with the person you care for, leaving you free to do whatever you wish.

- **Time away from home for the person you care for**

The person you care for spends time away from home. This can be for a few hours a week, overnight, or up to a couple of weeks.

If you live in the City of Nottingham your services are provided by Nottingham City Council Tel:

**0115 8838 460**

A short break can benefit both the carer and the person they care for.

## Who can get short break services?

Short break services are for people who:

- have a learning disability and live with a carer
- live in Nottinghamshire
- are aged 18 or over.

# What kind of short break services are available?

## Overnight and longer breaks

These are planned, residential breaks for the person you care for.

### Short breaks purpose built accommodation

Accommodation is available for up to eight people in purpose built units. The units offer a high standard of accommodation in single rooms, most of them en-suite.

The units are run by the Adult Social Care and Health Department and Nottinghamshire Healthcare NHS Trust.

The service aims to be flexible. This means:

- **The service can meet individual needs**

For example, nursing staff can be available for people who need them.

- **Group breaks are available**

For example, a group of young people can have a short break together in one unit with activities arranged to suit them. A single sex group (including staff) can book the unit with activities and services arranged to suit their preferences.

There are four units offering a range of different services. For more information contact the units' managers.

- Kingsbridge Way, Chilwell. Tel: **0115 943 1303**
- Helmsley Road, Rainworth. Tel: **01623 476 939**
- Wynhill Court, Bingham. Tel: **01949 838 492**
- Holles Street, Worksop. Tel: **01909 535 220**

## **Adult Placement Scheme**

The person you care for stays with an approved adult placement carer. For more information talk to the adult placement officer for your area.

- Bassetlaw, Mansfield and Newark and Sherwood – contact your local Community Learning Disability Team (CLDT) listed on page 7.
- Gedling, Rushcliffe and Broxtowe – contact Gedling CLDT.

## **Oaklands – independent care home in Warsop**

Breaks for up to two weeks in single, en-suite rooms in an attached bungalow. For more information ring **01623 844 064**.

## **Sitting Service**

**Someone comes into your home and stays with the person you care for.**

For more information talk to the scheme's organisers.

### **Nottingham Mencap Care at Home Respite Service**

If you live in Broxtowe, Gedling, Hucknall or West Bridgford  
Tel: **0115 920 4433**

### **MENCAP**

If you live in Newark, or Bassetlaw Tel: **01909 712 255**

## Autism Outreach Service

Someone takes the person you care for out for a few hours each week.

For more information contact **NoRSACA** (Nottingham Regional Society for Adults and Children with Autism).

- Newark, Mansfield, Ashfield or Bassetlaw  
Tel: **01909 500 653**
- Broxtowe, Rushcliffe or Gedling  
Tel: **0115 924 5887**.

## Activity Services

The person you care for joins a local activity group doing a range of different things. For example; swimming, bowling, football, meals out, visits to the cinema.

Activity Services are currently only available to people living in Broxtowe, Gedling, Newark or Rushcliffe.

Monday to Thursday, evenings only.

If you want to find out more contact Supported Living (South) Tel: **0115 977 5618**.

For more information about services for carers see our leaflet, 'Do you look after someone?', available from your local library or the Customer Service Centre (see back page) or visit our website [www.nottinghamshire.gov.uk/carers](http://www.nottinghamshire.gov.uk/carers)

# How do I get a short break service?

For a short break service get in touch with your local CLDT (listed on page seven).

They will arrange to visit the person you care for at home. They will talk to you both to see if the person you care for qualifies for the service. We call this an assessment.

You have the right to a separate carers assessment. The carers assessment allows us to take your needs into account when services are arranged.

The leaflet, 'How to get social care services' gives more information about assessments. It is available from the Customer Service Centre (see back page) or visit our website [www.nottinghamshire.gov.uk/socialcarehealthpublications](http://www.nottinghamshire.gov.uk/socialcarehealthpublications)

## Is there a charge?

There is a charge for overnight stays, transport and some activities. The person you care for needs to have a financial assessment. This decides how much they might need to contribute towards the cost of the service. For this we need to know about their income and savings.

# Community Learning Disability Teams (CLDT)

## Ashfield

Tel: 01623 785 473

## Bassetlaw

Tel: 01909 535 565

## Broxtowe

Tel: 0115 943 1086

## Gedling

Tel: 0115 854 6230

Minicom: 0115 854 6210

## Mansfield

Tel: 01623 436 640

## Newark

Tel: 01636 685 927

## Rushcliffe

Tel: 0115 878 3579

Minicom: 0115 846 5553

## Comments or complaints

Please talk to the people providing the service or to their manager. They may be able to sort things out for you. If you are still not satisfied, you can make a formal complaint by contacting:

Customer Relations Service  
Adult Social Care and  
Health Department  
County Hall  
Loughborough Road  
West Bridgford  
Nottingham. NG2 7QP

Tel: **08449 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

For a leaflet on comments, suggestion and complaints contact the Customer Service Centre (see back page) or visit our website  
[www.nottinghamshire.gov.uk/socialcarehealthpublications](http://www.nottinghamshire.gov.uk/socialcarehealthpublications)

## Urdu

آپ اس اشاعت کو کسی اور صورت میں 'یا اس کا اردو  
ترجمہ یا تین تو براہمیری انکسٹر سروس سینٹر  
سے حاصل کیجئے۔

## Hindi

यदि आपको यह प्रबन्धन किसी दूसरी फोरमेट या  
हिन्दी भाषा में चाहिए तो कृपया आप कन्सलर  
सर्विस सेंटर को सम्पर्क करें।

## Punjabi

ਜੇਕਰ ਇਹ ਪ੍ਰਕਾਸ਼ਨ ਤੁਹਾਨੂੰ ਕਿਸੀ ਦੂਸਰੀ  
ਫੋਰਮੈਟ ਜਾਂ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ ਤਾਂ  
ਤੁਸੀਂ ਕਲਾਟਮਰ ਸਰਵਿਸ ਸੈਂਟਰ ਨੂੰ ਸੰਪਰਕ ਕਰੋ

## Polish

Proszę o kontakt z Customer  
Service Centre jeżeli chcieliby  
Państwo uzyskać tą publikację w  
innym formacie lub po polsku.

Contact the Customer Service Centre if you need  
the information in a different language or format:



Customer Service Centre, PO Box 9320,  
Nottingham. NG15 5BL

phone **08449 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

e-mail **customerservice.centre@nottsc.gov.uk**

website **www.nottinghamshire.gov.uk**



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