



One minute guide

Short Breaks Assessment and Review Team (SBAR)

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Who we are

The Short Breaks Assessment and Review (SBAR) team supports children and young people with disabilities in Nottinghamshire.

What is the Short Breaks offer?

The current Short Breaks offer was co-produced in 2018 with children, young people and families. It gives children and young people with disabilities the chance to take part in fun and supportive activities.

Short breaks aim to:

- Help children and young people join in positive activities
- Build confidence and independence
- Give parents and carers a break from their caring role
- **Important information: overnight breaks are not included in this offer. A separate assessment by a social worker in the Children's Disability Service is needed for overnight support.**

The Short Breaks offer is designed to be easy to access and simple to understand. It supports families where children are unable to take part in community or leisure activities because of their disability.

We listen to you. Due to high demand for services, we are currently reviewing the offer with parents to develop a more sustainable long-term approach. While this review is ongoing, applications will receive the standard offer, provided as a direct payment for 12 months [as explained on the website](#).

Local providers

We work with local providers to find the right places and the appropriate activities to meet the individual needs of children and young people. Activities that may be offered include music and dance, school holiday activities and clubs, outdoor and adventurous activities, Saturday clubs and evening youth clubs.

How to apply

You can request support by completing an online self-assessment form. Young people, parents and carers can access this directly through our 'Local Offer'.

The [online application form and further information](#) about the new Short Breaks offer can be found here. Completing the form will tell you if your child is eligible for a funded short break.

If you would like help with the form, you can speak to an advisor by calling **0800 121 7772**. If you prefer, you can ask for a paper copy of the form to complete and return.

Before you start the form, please have the following information ready:

- Parent and child details
- Award letters for any disability-related benefits
- A copy of your child's Education, Health and Care Plan (EHCP) if they have one
- Evidence of High-Level Needs (HLF) funding from your child's school if in place

For advice or support, you can contact the Short Break Assessment and Review team by emailing sbassessment.review@nottsc.gov.uk or calling **0800 121 7772**. Someone will be available to talk with you about the service and offer support.

What happens next?

You will get an email within five working days to let you know the decision made about your application. If you have been accepted, the email will tell you the next steps. If more information is needed, the email will ask you to apply again. If you are not eligible, the email will tell you where you can get support from other places.

Linked services

Many of our services work closely together to support children with disabilities and complex needs. [One minute guides](#) give information about many of these services and procedures. These include:

- Children's Disability Service (CDS)
- Overnight short breaks – a separate assessment will need to be completed for overnight short breaks by the Children's Disability Service
- Statutory SEND (Special Educational Needs and Disabilities), previously known as 'ICDS': read our one minute guide to the SEND local offer here: [Nottinghamshire's SEND Local Offer](#)
- Occupational Therapy (OT)
- Education, Health and Care Planning (EHCP) teams
- Specialist Support Team (SST)

Find information about Special Educational Needs and Disabilities on yournottsdirectory at: [Nottinghamshire's SEND Local Offer](#)