



Activities Unlimited

Suffolk County Council's Short Breaks Service for the families of children and young people with SEND. Below gives an overview of what's on offer. If you wish to discuss our service offer in more detail, please contact us at AUFamilyAdvice@suffolk.gov.uk or 01473 265266.

Activities and Support

We partner with a network of activity providers throughout Suffolk. These providers deliver regular groups and activities during evenings, weekends, and school holidays. We administer grant funding to make services more accessible for families of children and young people with SEND aged between 0-25 years. This helps offset the additional costs often associated with SEND provision, such as needing more staff or specialised equipment. You can find all grant-funded services in our [provider guide 24/25](#). We also offer direct support to families and professionals in finding and accessing suitable activities. to families and professionals in finding and accessing suitable activities.

Personal Budgets

Parents/carers can apply for a short break budget online through a simple self-assessment form that asks questions about your child's needs and your family's situation. These budgets are intended as a contribution towards activities to help parent/carers get a break from their caring role. You can apply for a budget [here](#). If you need assistance completing the application, contact us on 01473 260026.

AU Holiday Lodge

The [AU Holiday Lodge](#) at Fritton Lake is for families of children and young people with SEND in Suffolk. The lodge is fully accessible, fitted with a range of specialist adaptations and equipment to allow your whole family a relaxing break. For more information about staying at the lodge please [visit the website](#) or you can contact SENDBusinessSystems@suffolk.gov.uk



Holiday and Food Programme (HAF)

Holiday Activity and Food programme supports families in receipt of Free School Meals during the main school holidays (Easter, Summer, and Christmas). Activities Unlimited works with SCC's HAF team to commission groups for children and young people with SEND. We also work with mainstream providers to better support children with additional needs. You can find out more about HAF funded services [here](#) and look out for the HAF logo in the our [provider guide](#).

Behaviour Support

We offer resources and training to support parent/carers to understand child behaviours and improve safety for all. [Behaviour Safe at Home](#) supports parents, carers and family members to understand and manage child behaviours. The training course is delivered by Bellscroft Consultancy. It is an informal course with the opportunity to meet other parents/carers who are experiencing similar challenges and to know you are not on your own. This is a two-day face to face course focussing on theory (day 1) and practical skills (day 2). For more information please visit [Behaviour Safe At Home | Activities Unlimited](#). There is a [Behaviour Support section on the Suffolk Local Offer website](#) which offers a range of guides and services, this includes bite sized videos designed to support parents/carers of SEND children with many typical behavioural issues. You can click on the videos individually or go to the [YouTube Channel](#) to watch all of them.

Friends and Networks (FaN)

[Friends and Networks](#) is a DfE funded project which supports school aged children and young people experiencing difficulties maintaining a full time educational placement, or facing placement breakdown. Participants are supported to develop skills and build resilience, in activities aligned to their likes and interests. The FaN team work closely with families and schools to encourage joint working towards shared goals. Support through FaN is free of charge to CYPs/families/schools. If you wish to find out more, please contact friendsandnetworks@suffolk.gov.uk.

Young Carers

'Young Carers' are children/young people who regularly provide care for a family member or close friend, including siblings. We commission [Suffolk Family Carers](#), to provide a county-wide service for Young Carers. We also provide additional clubs/groups for families and siblings through our annual grants process, with services detailed in our [provider guide](#).