

**JERSEY  
CHILDREN WITH DISABILITIES  
DIRECTORY  
2019**



**Child Development Centre,  
William Knott,  
Overdale**

**Tel: 444817**

## Introduction

**Welcome to the first edition of our directory. This directory is full of information that may be relevant to parents and carers of children with disabilities.**

**The Jersey Online Directory has also been set up to provide carers and people who are being cared for with easy access to information and support.**

Visit [www.jod.je](http://www.jod.je) for more information.

Every reasonable effort has been made to ensure this directory is accurate. However information contained within the directory can change quickly so please always check with organisations directly for the latest information.

If you think you may have noticed any error or omission, please let us know by contacting [familyinformation@health.gov.je](mailto:familyinformation@health.gov.je) or call 444817.

## Contents

Introduction	2
Jersey's Children First	3
Activities	5
Support Groups	21
Cafés/Restaurants	34
Holiday Clubs	35
Education and Childcare	37
Health and Community Services	43
Travel	50
Information and Advice	54
Community Short Breaks	62
Finance	68
Legal Issues	71
Becoming an Adult	72
Comments, Compliments and Complaints Procedure	75
Index	76

## Jersey's Children First

Jersey's Children First is a standard practice model adopted across agencies, services and settings in the public, community and voluntary sectors in Jersey. This shared approach will enable agencies to work together effectively to ensure children and their families can access the right help, at the right time, from the right service.

It is the vehicle for delivering the four outcomes of the forthcoming Children's Plan for Jersey:

- that all children in Jersey grow up safely
- live healthy lives
- learn and achieve
- are seen and heard

At the heart of Jersey's Children First is a commitment to early help for children.

### Early Help Approach

There are times when extra help and support may be needed and this is when an Early Help Assessment might be a good idea. An Early Help approach helps us all work together quickly and more effectively as soon as problems start to emerge. This may be at any point during childhood or adolescence.

#### **What happens next?**

An Early Help Assessment will be completed by you, your child, family and any other agency working with you. Many families feel that this is an opportunity to share their story and really feel listened to. During the meeting a plan is put together. It will include the support that is being offered and will help you, your child and the agencies working with you, know who is going to do what and when. A lead worker will also be agreed.

#### **Do I have to take part?**

The Early Help Approach is entirely voluntary, so if you don't think it is right for your child then you don't have to complete an Early Help Assessment.

#### **Is it confidential?**

As a rule, the information you provide will only be shared with people with your consent. There may though, be certain times when people working with you may need to share information. For example:

- if a child or adult may be at risk of harm
- to prevent a serious crime

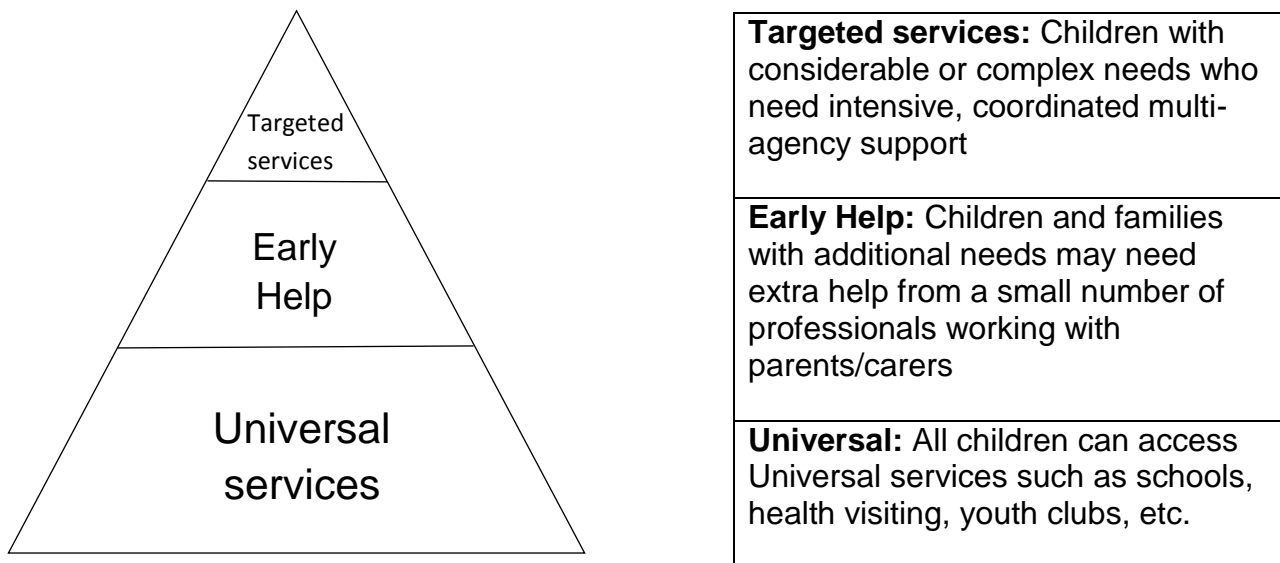
**Where possible, this would be discussed with you beforehand.**

## How do I contact the Early Help team?

If you are interested in finding out more you can speak with a professional already supporting your child or contact the Early Help co-ordinator.

Tel: 01534 449166 or email [earlyhelp@gov.je](mailto:earlyhelp@gov.je)

[www.jod.je/kb5/jersey/directory/service.page?id=xCjER\\_bjgmw&adultchannel=0](http://www.jod.je/kb5/jersey/directory/service.page?id=xCjER_bjgmw&adultchannel=0)



## Universal Services

Universal services are those activities and services that are routinely available to all children and young people such as:

- schools
- health services
- play schemes
- youth services
- after school clubs
- sports clubs

Children will always receive some universal services whatever their needs may be.

There are times when extra help and support may be needed, perhaps because the child's needs become increasingly complex or because of parental or family circumstances. Children who have emerging or complex needs may need some more targeted support from a range of services.

## Activities

There are lots of things happening in Jersey for families and there simply isn't enough room in this book to put everything. However we have included some ideas of things to do along with information about who to contact to find out more about what's going on. The emphasis in this section is on disabled children and young people having opportunities to have fun, lead fulfilling lives and have access to play, leisure, sport and youth activities in the same way as non-disabled children.

If you have any concerns about access, or whether your child is able to take part in any activities, then it is a good idea to phone up first and discuss your concerns. If your child needs extra support then you may have to stay with them or arrange someone to stay with them.

### Amaizin Adventure Park

The largest farm park in Jersey offering indoor and outdoor fun. A cleverly designed maze is open from July to September. Please speak to one of our managers if we can help in any way. A quiet area to eat lunch from the cafe, assistance with the tractor ride or perhaps a specific table reserved prior to entry. We can discuss with you accessible facilities if you or your child has a mobility issue.

Our customers say the park is a safe environment and disabled friendly. Whilst we make every effort to ensure that there is continued disabled access, during wetter times the conditions outside may not be suitable for those with limited mobility. Maze paths become firmer as the season progresses. Most areas are accessible for disabilities and we welcome a pre-site visit to check suitability.

If you or your child will not be able to use the majority of the facilities because of a disability (e.g. a wheelchair user) then please contact us prior to visiting as we are unable to discuss discounts or free entry at reception.

Tel: 01534 482116 or email [contact@jerseyleisure.com](mailto:contact@jerseyleisure.com)

[www.jerseyleisure.com/](http://www.jerseyleisure.com/)

### Archers of Jersey

Archers of Jersey is a community specialism club which means that it explores ways to allow all abilities easy access to the sport. Anyone over the age of 9 is welcome to shoot at the club but we ask that children are supervised for all sessions.

We shoot all year round indoors or out, rain or shine. In the cold of winter, we shoot at Le Rocquier School and Fort Regent. During the warmer months we shoot at Radier Manor at Grouville.

Email [info@archersofjersey.co.uk](mailto:info@archersofjersey.co.uk)

[www.archersofjersey.co.uk/](http://www.archersofjersey.co.uk/)

## Art for Young People

Art classes with Julia Renault, an artist with specific teaching qualifications. Various courses available:

- Art For Young People aged 7 to 16 years
- AFYP Art Start for under 7s

Tel: 07797 766 302 or email [juliarenault22@gmail.com](mailto:juliarenault22@gmail.com)

[www.juliarenault.com/](http://www.juliarenault.com/)

## BeachAbility

BeachAbility is a charity that lends manual beach to local residents and visitors free of charge, but donations are welcome. The chairs roll over sand, stones and slipways with ease and are available for anyone who needs help with their mobility.

Chairs are located at the following key sites:

- West Park, St Helier
- Bel Royal Kiosk, St Aubin Bay
- Gunsite Slip, St Aubin Bay
- Le Braye Café, St Ouen's Bay
- St Brelade's Bay, Winston Churchill car park
- Grouville Bay at Gorey Long Beach car park
- La Mare Slip, St Clement

For further information regarding hire, terms and conditions please visit our website.

Tel: +44 (0)7797 935 088

Email: [beachability@hotmail.co.uk](mailto:beachability@hotmail.co.uk)

<https://www.facebook.com/BeachAbility/>

Web: [www.beachability.org](http://www.beachability.org)

## Caring Cooks

Supporting parents and children to make nutritious and tasty food, part of daily life. All of our services are either subsidised or provided free of charge to families and are funded entirely by charitable donations.

### **Weekly Meal Service**

A service designed to support families through hardship and challenging times. This allows them to eat well and eat together, at least once a week, without the worry of having to cook or spend money on ingredients (by referral only).

### **Community Cooking Programme**

A 5 week cooking course to give parents the confidence, skills and knowledge to prepare their meals from scratch, in their own homes.

### **Kitchen Garden Project**

A 'plant to plate' project designed to provide children with the essential tools and skills they need, to grow food from seed and prepare nutritious meals from scratch – equipping them with some of life's most valuable skills.

Visit our website [www.caringcooksofjersey.com](http://www.caringcooksofjersey.com) to find out more about our programmes and how to book a place on our courses. Or get in touch with us at [info@caringcooksofjersey.com](mailto:info@caringcooksofjersey.com) or telephone 07829 787577

## **Cineworld Jersey**

Autism Friendly screenings at Cineworld differ from regular screenings.

What makes a film Autism Friendly?

- Lights are left on low and the volume is turned down
- There are no trailers before the film
- Support workers/carers can attend for free with a CEA card
- Autism Friendly Screenings will take place at 11am on the first Sunday of every month.

[www.cineworld.co.uk](http://www.cineworld.co.uk)

## **East Riding Stables**

East Riding Stables provide horse riding for children of all abilities.

Call 857748 for more information.

Dielament Farm  
La rue de Dielament  
Trinity  
JE3 5X

## **Elizabeth Castle**

Due to the historic nature of the site, it is not suitable for people with mobility impairment. Hearing loop available at reception and a portable hearing loop is available for groups if requested in advance. Accessible toilets in parade ground. A wheelchair is available to borrow at the site. Please ring the Castle to book in advance or ask the Visitor Services Assistant on arrival.

An access statement and a visual story produced in consultation with Autism Jersey is available from the venue page on Jersey Heritage's website. If you have any queries or require any assistance please phone Elizabeth Castle Kiosk: 634048 or Elizabeth Castle: 723971 or email [info@jerseyheritage.org](mailto:info@jerseyheritage.org).

<https://www.jerseyheritage.org/find-a-place-to-visit>

## Farm School Jersey

Here at the Farm School Initiative, we believe in good food and we hope to both inspire and educate as many people to love good, healthy food (and know just where it comes from too!) The learning possibilities on our farm are endless.

Join us on our Sprouts Farming Club for fun on the farm. Mondays and Saturdays in Spring, Summer and Autumn. These sessions are available for children aged 6-14 years and are great fun for the young farming enthusiast! Please ask your child if they would like to join us. If they don't like getting mucky, or aren't keen on animals - this might not be the club for them!

Sprouts Club on Mondays from 5.45pm-6.45pm is a small group session for children aged 6+ with specialist and/or additional needs. There is currently no accessible toilet (we have plans to build one but can hire one – please call to discuss particular requirements). Otherwise the rest of the farm is accessible.

La Cornetterie, Rue Des Vallee, St. Martin, Jersey, JE3 6BB Tel: 07797 889910

<https://www.thefarmschoolinitiative.com/>

## Fort Regent Leisure Centre

Disabled parking. Access to most activities. A wheelchair map is available. Accessible toilets.

<http://www.active.je/>

## Girlguiding Jersey

Rainbows (age 5-7), Brownies (age 7-10), Guides (age 10-14) meet every week and Rangers (age 14-18) every other week and offer great opportunities for each girl to have fun, create friendships and experience new challenges. Typically the girls play games, work on badges and do outdoor activities such as hikes or stargazing. All activities are flexible to allow each girl to achieve to their own ability.



Meetings are typically held on weekdays during term time with some Rainbows on a Saturday. The meetings are held in a variety of locations such as church halls and schools so access can vary depending on venue. Meetings are also held at Guide HQ which has access for wheelchairs in all main areas and also has a disability shower unit. Any support requirements or other issues can be discussed with leaders in advance.

Girlguiding Jersey HQ, Greve D'Azette, St Clement, JE2 6PX. Tel: 01534 729816

[www.girlguidingjersey.org.ie](http://www.girlguidingjersey.org.ie)

## Hamptonne Country Life Museum

Hearing loop available at reception and a portable hearing loop is available for groups if requested in advance. Wheelchair loan is available free of charge on request. An access statement and a visual story produced in consultation with Autism Jersey is available from the venue page on Jersey Heritage's website. If you have any queries or require any assistance please phone 01534 863955 or email [info@jerseyheritage.org](mailto:info@jerseyheritage.org).

<https://www.jerseyheritage.org/find-a-place-to-visit>

## Healing Waves

Knowing that the ocean holds many benefits, services and values. Healing Waves works to break down unnecessary barriers, enabling individuals living with conditions and/or disabilities both neurological and physical to access the ocean in a safe way. This is so they can participate in water sport activities and experience the therapeutic benefits that the ocean holds for us all.

Healing Waves prides itself on working in a person centred amenable manner. Ocean Therapy is offered through guided surf, paddle and flow sessions. These water sports are used as a vessel, assisting our athletes in building upon self-confidence, socialisation and communication. Ultimately, it is our aim that our athletes and their families are treated to a well-deserved day of relaxation, fun and respite.

Each session is a valuable and beautiful day where there are no labels and all that get involved are athletes.

Contact: Max on 07797 825865 or Seán on 07797 858909 or email

[healingwavesoceantherapy@gmail.com](mailto:healingwavesoceantherapy@gmail.com)

[www.healingwaves.org.je](http://www.healingwaves.org.je)

## Helping Wings

Helping Wings is a Jersey charity, with the aim of sharing the excitement of flying in a light aircraft with local disadvantaged children and teenagers who would not otherwise

get the chance. Since 2008 with the support of our members, partners, and pilots, over 150 children have enjoyed a day out at the aero club.

Email [hello@helpingwingsjersey.org](mailto:hello@helpingwingsjersey.org)

<https://helpingwingsjersey.org/>

## Jersey Arts Centre

A registered charity and non-profit making organisation, the Jersey Arts Centre offers a wide range of contemporary and classic performing and visual arts, including theatre, exhibitions, music, film, workshops, courses, presentations and events.

Disabled access: Ramp access into the building. Lift available to first floor gallery, art rooms and theatre - also access via ground floor. Accessible toilet on ground floor. Loop System available. Advisable to pre-book tickets in advance.

Tel: 700444 or email: [enquiries@artscentre.je](mailto:enquiries@artscentre.je)

<http://artscentre.je/>

## Jersey Frame Football

Jersey Frame Football provides young people with mobility and additional learning needs access to the beautiful game, making it their game.

Sessions are at held at St George's School. Email [pnjg.greenwood@gmail.com](mailto:pnjg.greenwood@gmail.com) for details.

## Jersey Library

Disabled access: Automatic entrance doors and wide aisles. Lift to first floor. Accessible toilets.

The Library hosts weekly events for children (incl coding sessions Fridays 4-5pm). See the website for details.

Tel: 448700 or email [je.library@gov.je](mailto:je.library@gov.je)

<https://www.gov.je/Leisure/Libraries/Pages/WhatsOn.aspx>

## Jersey Museum

The Museum is based on three floors with lift access to all floors. There is a restaurant/cafe on the ground floor with indoor and outside seating areas. A gift shop is located on the ground floor near the entrance and toilets are also situated on the ground floor. Dedicated disabled parking spaces available.

Hearing loop available at reception and a portable hearing loop is available for groups if requested in advance. Wheelchair loan available free of charge on request. An access statement and a visual story produced in consultation with Autism Jersey is available from the venue page on Jersey Heritage's website. If you have any queries or require any assistance please phone 01534 633300 or email [info@jerseyheritage.org](mailto:info@jerseyheritage.org).

<https://www.jerseyheritage.org/find-a-place-to-visit>

## Jersey Opera House

The Jersey Opera House brings you quality drama, dance, ballet, concerts, musicals, opera, comedy, pantomime and children's shows. We have something for everyone.

Disabled access: Lift to all floors and seats available for disabled users. Accessible toilet. Loop system.

Tel: 511115 or email [boxoffice@jerseyoperahouse.co.uk](mailto:boxoffice@jerseyoperahouse.co.uk)

[www.jerseyoperahouse.co.uk/](http://www.jerseyoperahouse.co.uk/)

## Jersey Scout Association

There are 7 Scout Groups across the Island, supplemented by 5 Island units. All the Groups hold regular meetings for Beaver, Cubs and Scout sections.

The Jersey Scout Association has three Explorer units, a Scout Band, and a Climbing Club.

<http://www.scouts.org.je/>

## Jersey Special Gymnastics

Jersey Special Gymnastics is recognised as a centre of excellence both in Jersey and in the UK. The club provides opportunities for children with disabilities and special educational needs to enjoy gymnastics.

Email [yanavibert@hotmail.com](mailto:yanavibert@hotmail.com)

[www.jerseysg.com](http://www.jerseysg.com)

## Jersey Sport

We offer a range of after-school and holiday sessions which are an excellent way to introduce children of all abilities to a wide range of sports and activities. The programme is all about getting active and having fun and our qualified coaches will help your child develop new skills and make new friends.

Tel: 757700 or email [info@jerseysport.je](mailto:info@jerseysport.je)

[www.jerseysport.je](http://www.jerseysport.je)

## Jersey Sports Association for the Disabled

The Jersey Sports Association for the Disabled (JSAD) provides support and encouragement to local residents with a disability who wish to take part in sport.

In addition to offering sport in Jersey throughout the year, JSAD also have a number of off-island initiatives, which enables members to take part in competitions in the UK in wheelchair sport, special gymnastics, football and swimming.

JSAD also offers sporting opportunities for physically disabled people with weekly wheelchair basketball, wheelchair tennis and wheelchair athletics sessions.

Learning Disability football training is every Tuesday at Les Ormes (indoor football courts) from 5.45 to 7.15pm (cost £2). We also do a 'fun football' session every third Saturday between 12.30 and 2.00, again at Les Ormes (no charge).

Call 872855 or email [thejsad7@gmail.com](mailto:thejsad7@gmail.com)

<https://www.jsad.eu/>

## Jersey Table Tennis Association

The Jersey Table Tennis Association (JTTA) promotes the sport of table tennis across Jersey. The Geoff Reed Table Tennis Centre at FB Fields is fully accessible and they are always looking for new members, young and old.

Table tennis is a great sport for anyone to play, and is the most popular racket sport in the world. It keeps you fit and flexible, without putting severe stress on joints, and is low injury prone. Playing table tennis increases agility and flexibility, and most of all, reactions.

Tel 615835 or email [info.jtta@gmail.com](mailto:info.jtta@gmail.com)

[www.tabletennisjersey.com](http://www.tabletennisjersey.com)

## Jersey War Tunnels

Jersey War Tunnels is fully equipped for disabled visitors both inside the tunnel complex and in the Visitor Centre and café.

Visitors are advised that the walk through the attraction is approximately one mile and conditions are generally cold and damp so coats are advised. The Garden of Reflection and War Trail are not suitable for wheelchair access.

Wheelchairs and mobility scooters are available: wheelchairs are free of charge and mobility scooters may be hired for £6. Visitors are welcome to bring their own wheelchairs and mobility scooters for use in the tunnels. Guide Dogs are permitted.

Tel: 860808 or email [info@jerseywartunnels.com](mailto:info@jerseywartunnels.com)

<https://www.jerseywartunnels.com/>

## Jersey Zoo

Most areas of the site are accessible by wheelchair and pushchair via pathways. Guide dogs are not accepted due to free ranging species and disease. Loop system. Shopmobility motorised scooters (£10) and wheelchairs (£6) are available to hire at the Visitor Centre entrance. These facilities can be booked in advance by contacting our Visitors Centre on 860000 or sending an e-mail to [visitor.centre@durrell.org](mailto:visitor.centre@durrell.org)

<https://www.durrell.org/wildlife/visit/>

## Jodie Lee Performing Arts Academy (JLPA)

We offer classes in all three performing arts disciplines, dance, drama and singing. All of our classes are held at Elim Rock Community Centre with plenty of parking and the lovely 'Café Rock' on site where you can enjoy a tea or coffee as well as sandwiches and snacks. Please contact Jodie to discuss your child's needs and how we can support them.

Tel: 07700 333937 or email [info@jlpa.co.uk](mailto:info@jlpa.co.uk)

[www.jlpa.co.uk](http://www.jlpa.co.uk)

## La Hougue Bie

Due to the historic nature of the site, there is limited disabled access. Hearing loop available at reception and a portable hearing loop is available for groups if requested in advance. An access statement and a visual story produced in consultation with Autism Jersey is available from the venue page on Jersey Heritage's website. If you have any queries or require any assistance please phone 01534 853823 or email [info@jerseyheritage.org](mailto:info@jerseyheritage.org).

<https://www.jerseyheritage.org/find-a-place-to-visit>

## Les Ormes

Please visit the Max Card website for latest offers.

### **Sports and Activities**

Our Swim Academy has the capacity to deliver individual swimming lessons in a facility that offers privacy, warm shallow water and the highest standards of teaching.

We have been supporting children with Autism for a number of years and our swim teachers have qualifications to deliver a wide variety of needs.

The gym on the first floor of the tennis building has lift access, free weights that can be used by most people, as well as the standard cardio equipment.

Our multi-player sports facilities are all on the ground level and fully accessible to all users. We have toilets and changing rooms for wheelchair users on site but no hoists or sling facilities.

### **The Brasserie**

With lift access to the first floor, comfortable and calm surroundings and the option of booking the function room for private events or meals, the Brasserie can cater for all. If you have allergies or food intolerances please speak to a member of staff and our Head Chef will do his best to accommodate. Please be aware that the kitchen does handle ingredients that may cause reactions and we cannot fully guarantee all food will be free of allergens.

[www.lesormesjersey.co.uk/](http://www.lesormesjersey.co.uk/)

### **Les Quennevais Sports Centre**

Plenty of disabled parking spaces, a lift, an accessible changing bed and changing facilities, hoist and accessible shower. Autism-friendly swimming sessions on the first Sunday every month from 2pm-3pm. The accessible toilet is available to members of the public within Centre opening times, even if not using the Centre's other facilities.

<http://www.active.je/>

### **Little Monkeys Gymnastics**

Little Monkeys Gymnastics offers classes based upon creative and physical gymnastics exercise and movement for active little boys and girls from walking to 5 years. Classes run for 45 minutes per session and are held in the Queens Hall, Fort Regent in a proper gymnastic arena.

#### **Classes with parent / guardian:**

Monday to Friday daily at 10.30 am ~ For children up to 3½ years old

#### **Independent classes:**

Thursday at 2:00 pm ~ For children aged 3 to 4

Wednesday, Thursday & Friday at 3:30 pm ~ For children aged 3 1/2 to 5 ½

For further details, please phone or text Mel on 07797 731101 or email

[littlemonkeys2009@gmail.com](mailto:littlemonkeys2009@gmail.com)

## Maritime Museum & Occupation Tapestry

Full access with ramps, lift to second floor with Braille control buttons, and two stair lifts to upper levels. Audio guide and Braille book available for the tapestry. Dedicated disabled parking spaces – please call in advance. Many of the exhibits have sound elements and may be touched.

Hearing loop available at reception and a portable hearing loop is available for groups if requested in advance. Wheelchair loan available free of charge on request. An access statement and a visual story produced in consultation with Autism Jersey is available from the venue page on Jersey Heritage's website. If you have any queries or require any assistance please phone 01534 811043 or email [info@jerseyheritage.org](mailto:info@jerseyheritage.org)

<https://www.jerseyheritage.org/find-a-place-to-visit>

## Mavericks Performing Arts Group

Mavericks is a performing arts group open to children and adults with disabilities, special needs and/or any additional needs. Fun packed classes covering dance/movement, singing and acting, provided by ArtHouse Jersey through the support of Enable Jersey. Booking essential as spaces are limited.

Where: Mont a l'Abbe Primary School – you don't need to be a Mont a l'Abbe School pupil to join the group

When: Tuesdays, term time only

Time: Juniors – 3.30-4.15pm (approx. 7yrs+) Seniors – 4.30-5.30 (approx 11-18yrs)

Contact Jessie or Thanda at [littleextralove@gmail.com](mailto:littleextralove@gmail.com) to book a place (pre-booking essential).

## Messy Centre Philadelphie

Messy Church takes place the 1<sup>st</sup> Tuesday of every month 3.30pm-5.30pm (except January 2019 when it will take place on 8<sup>th</sup> Jan) at the Messy Centre Philadelphie (next to St Peter's M&S). Fun craft activities followed by worship and a meal together. Parents/carers need to stay with their children. Suggested donation of £2 per child (max suggested donation of £5 per family). Wheelchair accessible, parking opposite.

Contact Katie on 482364 or email [katie.bill39@gmail.com](mailto:katie.bill39@gmail.com)

Contact Sally on 491877 or email [sallyannewheadon@gmail.com](mailto:sallyannewheadon@gmail.com)

[www.facebook.com/messychurch.philadelphie](http://www.facebook.com/messychurch.philadelphie)

## Mont Orgueil Castle (Gorey Castle)

Due to the historic nature of the site, there is limited disabled access. Hearing loop available at reception and a portable hearing loop is available for groups if requested in advance. An access statement and a visual story produced in consultation with Autism Jersey is available from the venue page on Jersey Heritage's website. If you have any queries or require any assistance please phone 01534 853292 or email [info@jerseyheritage.org](mailto:info@jerseyheritage.org).

<https://www.jerseyheritage.org/find-a-place-to-visit>

## Motion Studio

Learn animation and digital art from professional artists, makers and animators to make the most of your creative talents. Small groups allow us to give individual attention and create a friendly supportive atmosphere. We are SPELL trained so understand the needs of children and young people with autism.

We use industry standard programmes such as Dragon Frame for stop motion, Maya for 2D animation, and Manga Studio for illustration, just to name a few. Teaching within industry standard gives the children and teenagers the tools that they can use later in life to realise their full potential through further study. We believe that these tools are not only important and fun to learn, but also instil patience and concentration in his students.

Term time and holiday courses available for ages 7-16.

Contact [info@motionstudiojersey.com](mailto:info@motionstudiojersey.com) or call 07797 756008

<http://www.motionstudiojersey.com/>

## Pallot Steam, Motor & General Museum

Free admission for visitors in wheelchairs. On Thursdays, the Victorian steam train is operational. The platform is accessible but due to the historical nature of the steam train, the carriages are not accessible to those in wheelchairs

Open Mon – Sat 10am to 5pm from Spring to Autumn.

Tel: 865307

<http://pallotmuseum.co.uk/>

## Regent Gymnastics

Regent Gymnastics caters for gymnasts of all abilities from age 4 ½ to adults. General and competitive gymnastics, Special Education Needs (SEN) gymnastics,



trampolining, free style gymnastics and adult gymnastics.

The SEN Gymnastics programme is specially designed for children with Special Education Needs or for children who find it hard to focus in mainstream gymnastics. With smaller classes and the use of sensory equipment, children are able to develop skills at their own pace in a stimulating environment.

All of our coaches are fully qualified with British Gymnastics and are DBS cleared. In addition, our coaches hold many different qualifications both in childcare and SEN with two of our coaches trained to level 3 in the National Autistic Society's SPELL framework.

Regent Gym Club is proud to have been awarded the "Jersey Clubmark", an award that recognises sports clubs for meeting high standards in club management, safety, coaching, competition and off-island travel.

Call Julia on 07797 739766 or email [regentgc@gmail.com](mailto:regentgc@gmail.com)

<http://www.regentgymnastics.co.uk/>

## Reg's Garden

Reg's Garden has a special swing for wheelchair users only. Booking by appointment only for the time being. Open most days from 10am to 5pm. Wheelchair users must be accompanied at all times and use of the swing is at your own risk.

Email [reg@reg-garden.com](mailto:reg@reg-garden.com)

## Riding for the Disabled

Riding for the Disabled Jersey operate from Le Claire Stables in St. John. During term time we run six riding sessions per week for disabled children and adults.

Email [rda.jersey@gmail.com](mailto:rda.jersey@gmail.com)

<https://www.rda.org.je/>

## Sea Fishing

A 38 foot (12 m) Interceptor with full toilet/wash facilities and the latest electronic equipment. Specifically designed to accommodate wheelchairs, the boat is fully licensed and insured to take up to 12 people. Pre-booking essential.

Charter Boat "Theseus II"

Tel: 858046 or 07797 728316

Web: [www.tarkaseatrips.com](http://www.tarkaseatrips.com)

## St John Ambulance

St John Ambulance offers all young people the opportunity to participate in our youth groups, whether you're aged seven or twenty-five.

Email [countyhq@sja.org.je](mailto:countyhq@sja.org.je) or call 735611

[www.stjohnambulancejersey.com/youth/index.html](http://www.stjohnambulancejersey.com/youth/index.html)

## Swimming Lessons - Swim Easy Jersey

Swimming lessons and swimming training sessions for improvers and competitive swimmers.

Fridays at Langford – Younger children 5pm – 6pm (with mainstream swimmers).  
6pm – 7pm session for disability swimming. If swimmers in this group show an interest in competing then they are offered the opportunity to do so.

Wednesdays 6pm – 7pm at Haute Vallee for team swimmers with disabilities training for competitions in the UK and Guernsey. Competitions include Inter-insulars against Guernsey as well as ASA galas in the UK and the Special Olympics.

Email [swimeasyjersey@gmail.com](mailto:swimeasyjersey@gmail.com) or call 851629 or 07797 719001

[www.swimeasyjersey.com](http://www.swimeasyjersey.com)

## Tamba Park

Tamba Park is fully equipped for disabled visitors in both our indoor adventure playground and our outdoor park. Visitors are advised that conditions outside can get wet during heavy rain. Visitors are welcome to bring their own wheelchairs and mobility scooters for use at Tamba Park and have access to all areas. Guide Dogs are permitted. Tamba Park also has two car parks both with disabled parking.

Tel: 761235

<https://www.tambaexperience.co.uk/>

## Tots and Toys Group

Jersey Hospice Care run a Tots and Toys Group for 0-5 year olds with life-limiting illness and their parents and carers. The group runs every Tuesday from 9.30-11.30am at the King Centre, Jersey Hospice. Booking is essential.

Tel: 780780 to book.

## Wetwheels Jersey

We provide water-based activity experiences for disabled people on board our specially designed boat. Our adventurous trips afloat are staffed by specialists and everyone on board takes an active part in the trip – steering the boat and learning seamanship whilst having fun. There is practically no barrier to getting afloat – our passengers have ranged in age from 2 to 96 – and the vessel’s design makes it comfortable for wheelchair users and practical for anyone with a physical disability or learning difficulty. Our ethos is to make every trip free of charge. Operating expenses are minimised by the wonderful support of many volunteers, and costs are covered through fundraising initiatives, generous donations by corporates and charitable trusts.

For more information see [www.wetwheels.je](http://www.wetwheels.je)

Booking enquiries: [operations@wetwheels.je](mailto:operations@wetwheels.je) or call 07829 999268

## Woodlands Farm

We are a working family dairy farm nestled in the heart of Jersey. Woodlands Farm Butchers is open in the farm courtyard Monday to Saturday where you can come to see the butchers at work and buy local beef. Our farm shop opens seasonally at the gateway. The herd are grazing in the nearby fields and in the barn so you can come and meet a Jersey cow face to face!

A café is opening on site in June which will be fully accessible, including a toilet.

At the time of writing, the public areas of the farm are mostly accessible for wheelchairs. Please remember this is a working farm so children should be supervised at all times.

[www.jersey.com/woodlands-farm](http://www.jersey.com/woodlands-farm)

## Youth Service

The Youth Service provide a wide range of personal and social development opportunities for young people aged 12 to 18 in Jersey.

If you would like to find out more information about the projects available contact us at our main office. Alternatively, you can contact the youth club / project of your choice.

Tel: 280500 or email [yes@jys.je](mailto:yes@jys.je)

<https://www.gov.je/Leisure/YouthClubsProjects/Pages/YouthService.aspx>

## Youth Service: Inclusion Project

Part of the Jersey Youth Service, the Inclusion Project provides social opportunities and youth clubs for young people aged 11 to 25 with varying special needs and disabilities including Autism Spectrum Conditions and Social Communication Difficulties, physical disabilities and learning difficulties.

We run four sessions per week during term time as well as a programme of activities during the school holidays. The project also runs a five month personal development programme.

Tuesday: St Peter's Youth & Community Centre (16-25 years) 7.30-9.30pm (transport from town and back available)

Wednesday: Sport Session at Les Ormes with Jersey Sport 10am-12pm (transport from town at 9.30am and back)

Thursday: Grands Vaux Youth Centre (11-18 years) 3.15-5.15pm (transport from Mont a l'Abbe/Haute Vallee)

Thursday: Move On Café, Liberation Square (11-16 years) 7-9pm

Friday: La Pouquelaye Youth & Community Centre (16-25 Years) 7.30-9.30pm

Email: [adelinadorleans@jys.je](mailto:adelinadorleans@jys.je) or call 280538 or 07797 758289.

## Youth Service: Youth Arts Jersey

We are the only Youth Arts facility in Jersey with our own Performing Arts space, three fully equipped Rehearsal Rooms, a 48 Track Digital Recording Studio, a Radio Station plus Visual Media, Dance and Drama facilities.

As well as offering the above facilities we also offer gig and performance opportunities plus a wide range of courses, events and weekly workshops throughout the year involving music, dance, drama and the visual arts.

You can contact us by phone, post or email or why not drop in and give us a visit!

Youth Arts Jersey  
St James Centre  
St Helier  
Jersey  
JE2 3QZ

Tel 280506 or email [carmelbutel@jys.je](mailto:carmelbutel@jys.je)

[www.youthartsjersey.com/](http://www.youthartsjersey.com/)

## Support Groups

### Autism Jersey

Autism Jersey was founded in 2005 by a group of parents, all of whom have children with autism. Autism Jersey is the largest organisation supporting people with autism in the Channel Islands. We provide support for autistic people, their families and carers, a Befriending Scheme and deliver nationally accredited training (including National Autistic Society “SPELL” and Barnado’s “Cygnet”). We facilitate an adult social club which meets twice a week and a Family Support Service. We run parent coffee mornings, social and fund raising events and are an approved Provider of Community Short Break Services.

We champion full and inclusive lives for people with autism and pride ourselves in being proactive in raising awareness about autism across the island.

#### **Services provided by Autism Jersey:**

- One stop shop for autism
- Training for autistic people, their families, professionals and employers
- Social Events for Children, including a Sibling Support Group
- Opportunities for parents to get together
- Lending library of autism related resources
- Holiday Play Scheme for children with autism
- Social opportunities with the Adult Social Club

#### **Family Support**

- Support and advice for family or carers of young children and adults on the autism spectrum or with a related condition
- Advice related to living with autism spectrum condition and supporting families to access appropriate services
- Advocacy support to families
- Support and advice for family’s pre diagnosis and post diagnosis
- Inclusive family days to bring families together
- Monthly Parent coffee mornings
- Monthly sibling group

#### **Holiday Playschemes**

‘Holidays can be crisis points. My son loves the holiday club, and it means that his sister can have “normal” time and enjoy something for herself’

Autism Jersey provides a play scheme for mainstream primary school aged children with social communication needs during the Easter and summer holidays, providing

support in a fun and safe environment. Registered for 20 children. Places are allocated on a first come first served basis.

Age range: 4 to 11 years

Opening hours: 9 am – 2 pm. Open in the summer holidays for three weeks and the Easter holidays for one week.

The holiday club's main focus is to provide a safe and fun environment, whilst supporting children in developing their play skills, life skills and communication skills

Staff are fully trained and have experience in working with primary school aged pupils with social communication needs and their families

### **Sibling Group**

Our new sibling group was re-established in early 2018. This runs once a month on a Sunday and is based in the community. It gives siblings the opportunity to join in with fun activities and also to meet others in a similar situation so they can share experiences. The group also offers a chance for siblings to ask questions and find out more information about the autism spectrum

### **Counselling**

Autism Jersey now offers a Counselling Service to families and carers. This has proved to be an invaluable service to members since it was introduced at the end of 2013. We adhere to the British Association of Counselling and Psychotherapy's moral and ethical code of good practice.

For more information on our Family Support and Related Services, please contact [familysupport@autismjersey.org](mailto:familysupport@autismjersey.org) or call 871888

Address: Autism Jersey, Century Buildings, Patriotic Place, St Helier, JE2 3AF

### **Barnardo's**

Barnardo's runs four services – PLAN B, Thomas House (residential), Your Voice and advocacy.

PLAN B offers the following:

- 'Wonderful Me' six week programme based on the human givens approach in our therapy room, by appointment. Groups and 1-1 available.
- A drop-in every Tuesday 3-6pm at Thomas House for advice, information and emotional support
- Targeted support from PLAN B workers to access dedicated mental health provision, such as Talking Therapies, CAMHS / adult mental health and Mind Jersey

- A mentoring service providing 1-1 weekly sessions with trained volunteers for an initial six weeks
- Decider Skills – six week life skills programme run in secondary schools

Your Voice is a participation service commissioned by the States of Jersey for children and young people who are going through a Social Work process but with a focus on Looked After Children and provides the following:

- Advocacy at Child Protection conferences and LAC reviews
- Weekly visits to residential homes and 1-1 support
- Project work empowering the voice of the child
- Participation in decision making processes within Children's Services

Open Monday-Friday 9am-5pm with appointments available outside of these hours.

### **Referral**

Young people can self-refer or a professional can make a referral to PLAN B.

Tel: 510546 or email [planbjersey@barnardos.org.uk](mailto:planbjersey@barnardos.org.uk)

Text: 07797 754952 or through Facebook/planbjersey

### **Brighter Futures**

Brighter Futures is a charity that supports parents, carers, children and young people in Jersey.

We offer a range of personal development, educational and second chance learning programmes, group sessions, one-to-one emotional support, information, advice and practical help in order to help parents and carers with self-esteem, confidence and communication skills.

Brighter Futures is based at The Bridge – a multi-service provision for families and young people. Clients are referred to us from various sources including schools, GPs, health visitors, social workers and CAMHS or people can self-refer. We work with other agencies and in partnership with Parenting Support Services to encourage people to make a difference to their future through the choices they make for themselves and their families

Tel: 449152 or email [info@brighterfutures.org.je](mailto:info@brighterfutures.org.je)

[www.brighterfutures.org.je/](http://www.brighterfutures.org.je/)

### **Downs Syndrome Jersey Group**

We are a support group for families and friends and also organise activities.

Email [peter.vasse@jtglobal.com](mailto:peter.vasse@jtglobal.com) or [petervasse@hotmail.com](mailto:petervasse@hotmail.com)

Tel: 729139 or 07797 714133

[www.facebook.com/groups/Jerseydownsyndrome/about/](http://www.facebook.com/groups/Jerseydownsyndrome/about/)

[www.downs-syndrome.org.uk/support-group/downs-syndrome-jersey-group/](http://www.downs-syndrome.org.uk/support-group/downs-syndrome-jersey-group/)

## Enable Jersey

Enable Jersey is the island's only all-embracing disability charity.

Our vision is for a community that is strong, capable and inclusive, where disabled people are not limited by societal barriers.

We provide information, support and advice to disabled islanders, their families and carers and enable them to access life-enriching opportunities. Whether it's you, your child, someone you care for or someone you work with who has a physical impairment, learning disability or any other condition, we are here to help.

Enable Jersey also has a car that will take up to two wheelchairs to assist those who wouldn't otherwise be able to get around the Island. The car is kept in Sand Street car park and bookings are taken by Shopmobility. It costs £20 per day plus petrol (the charge can be waived for those who cannot afford it). All that is required is to be a member of Enable Jersey and a valid driving licence (for insurance purposes drivers must be over 21). Drivers should be confident driving larger vehicles, the car is a Peugeot Teepee (size of a people carrier). This is available to individuals and organisations.

Talk to a member of our team today on 01534 485740.

[www.enablejersey.org/](http://www.enablejersey.org/)

## Earsay (Jersey Society for Deaf Children and Young Adults)

Through experience, knowledge and pure passion this team is committed to providing support, information and ultimately tons of fun for Jersey's hearing impaired children, young adults and their families to enjoy.

Email: [info@earsay.je](mailto:info@earsay.je)

[www.earsay.je/home](http://www.earsay.je/home)

## ERIC

This website provides information and support on childhood bedwetting, daytime wetting, constipation and soiling to children, young people, parents and professionals.



Helpline: Call 0845 370 8008 Monday to Thursday 10am - 2pm or email [helpline@eric.org.uk](mailto:helpline@eric.org.uk).

[www.eric.org.uk/](http://www.eric.org.uk/)

## EYECAN

EYECAN is Jersey's only charity focused solely on supporting islanders with sight impairment.

We work closely with all age groups, from infants through to elderly, enabling people with a sight impairment and their families to benefit from social events, activities and tailored support.

It is this partnership approach that ensures those affected by sight impairment and empowered to live more independently with their sight loss.

EYECAN is one of the Island's oldest charities. Formerly known as the Jersey Blind Society, we were established in 1886. Our name has changed to EYECAN to reinforce that we are here to support people at all stages of sight loss. Anyone with a sight impairment can access the support given by EYECAN.

Please give one of our friendly team a call to find out more about the service we offer and how you can access support provided by EYECAN on 864689.

[www.eyecan.je/](http://www.eyecan.je/)

## Family First

We provide support to families of children in Jersey with illnesses who require off-island treatment. We are a professional service providing practical support and help in locating resources, services and funding provided by government and voluntary organisations.

Contact Cheryl Dolbel, Family Liaison Manager on 07829 900945 or email [cheryl@familyfirst.org.je](mailto:cheryl@familyfirst.org.je)

[www.familyfirst.org.je](http://www.familyfirst.org.je)

## Head Gardeners

We are a community project consisting of father Will and son Bertie, and other special volunteers with learning difficulties, offering gardening for seniors and the infirm who cannot afford a gardener. We don't charge, we don't accept reward. If you know someone we could help, please let us know. If you know someone with learning difficulties who you think may benefit from joining us then contact us.

Contact Will on 07829 835658.

[www.facebook.com/Head-Gardeners-210869646281950/](http://www.facebook.com/Head-Gardeners-210869646281950/)

## Headway

Headway Jersey provides support, information and services to people with a brain injury, their families and carers. Brain injuries occur for a wide variety of reasons including accidents, strokes, tumours and illness.

Tel: 505937 or email [headwayinjersey@gmail.com](mailto:headwayinjersey@gmail.com)

[www.headway.org.je](http://www.headway.org.je)

## Jersey Child Care Trust

Putting families first is at the heart of what we do at the Jersey Child Care Trust (JCCT). We help families access the nurture, care and learning they need for their children to thrive. We do this by providing information and services to families, policy makers, childcare providers and other professionals.

The JCCT has a full list of childcare providers (including childminders, nannies, nurseries, playcare centres and activity clubs) in Jersey.

### **Special Needs Inclusion Project (see Education section)**

The Project provides one-to-one support for children with disabilities and special needs in private day nurseries and pre-schools.

Tel: 629901 or email [info@jcct.org.je](mailto:info@jcct.org.je)

[www.jcct.org.je/](http://www.jcct.org.je/)

## Jersey Eating Disorders Support (JEDS)

JEDS supports the recovery from eating disorders. JEDS is run by a group of volunteers who have experienced an eating disorder or who have been involved in caring for someone with an eating disorder.

We are an adult group catering for anyone over 18 years of age but younger people are welcome with an older friend or relative over 18.

Tel: 07797799586 / 07797778016 or email [getintouch@jeds.je](mailto:getintouch@jeds.je)

[www.jeds.je](http://www.jeds.je)

## Jersey Hospice

Our services are designed to support children and families with the challenges that having a life-threatening condition can bring. Each child and young person will have bespoke care, tailored to their individual medical, emotional, cultural, religious and

spiritual needs. This means our care is not just provided in the day hospice itself, but follows your child in hospital, community or family home – wherever support is needed the most.

Our services include: nurse-led short break day sessions, symptom management and pain control, nursing including complex care and supervision enabling other members of the family to leave the home, specialist advice and education to families and professionals around palliative care, activities, play, and music and art for the child, support for the family to go out together, sibling support, complementary therapies. We encourage referrals from antenatal teams up to the age of 18 years.

Our specialist care for children and families is free. We will work directly with you and the other health, social care and community professionals and charities involved in looking after your child. Our services are delivered on top of any other support you already get.

For details of our Tots and Toys group see the Activities section in this booklet.

Tel: 780780 or 07797 740511, Monday to Friday between 9am and 5pm

Email: [CYP@jerseyhospicecare.com](mailto:CYP@jerseyhospicecare.com)

[www.jerseyhospicecare.com/patients-and-carers/children-and-young-people/](http://www.jerseyhospicecare.com/patients-and-carers/children-and-young-people/)

Jersey Hospice Care Community Bereavement and Emotional Support team provide:

**Emotional Support:** offering 1-1 support to anyone who has, or is caring for someone with, a life limiting condition. Support is available to adults and children of all ages in need of support whilst coming to terms with an advanced condition.

**Bereavement Support:** available to adults and children of all ages in need of support whilst coming to terms with the death of a relative or friend. Appointments can take place Monday to Friday (times can be flexible). Tel: (01534) 285144 Email: [bereavement@jerseyhospicecare.com](mailto:bereavement@jerseyhospicecare.com)

## Jersey Recovery College

Jersey Recovery College is a community-based independent mental health charity. We offer education and training opportunities to people experiencing mental health difficulties and the family, friends and professionals who support them.

Tel: 505977 or email [hello@recovery.je](mailto:hello@recovery.je)

[www.recovery.je](http://www.recovery.je)

## Jersey Talking Therapies

Jersey Talking Therapies aims to provide psychological support to people to help self-manage common mental health issues.

Our service is available to residents of Jersey for people aged 18 years and over. We are working in partnership with local General Practitioners (GPs) and MIND Jersey. The therapeutic treatments we offer are recommended by the National Institute of Clinical Excellence (NICE). Our therapists will be able to see you in your GP surgery or if preferred we can see you in our town hub.

You can expect to see a Psychological Wellbeing Practitioner for your assessment. For some kind of problems we also offer therapy with a Psychological Therapist or a Counsellor. We will advise you on the best therapist to work with you around your current difficulties.

We offer a range of face-to-face or telephone therapies mostly based around Cognitive Behaviour Therapy (CBT) or Cognitive Analytic Therapy (CAT) including:

- guided self help
- support using workbooks
- lifestyle support
- behavioural activation
- problem solving
- counselling
- information and signposting to other relevant services
- psycho-educational workshops
- psycho-educational courses
- Computerised Cognitive Behaviour Therapy (cCBT)

To book an appointment with one of our therapists you will need to speak to your GP who will provide you with one of our leaflets which explains the next steps to take. Alternatively, there are some therapeutic interventions that you can book yourself onto directly without seeing your GP.

Please visit [www.mindjersey.org](http://www.mindjersey.org) if you want to:

- book yourself on a course of Computerised Cognitive Behaviour Therapy (cCBT)
- book a place on our psycho-educational skills workshop
- find out about the books we recommend on a range of common mental health issues

Tel: 444550

[www.mindjersey.org](http://www.mindjersey.org)

## Mind Jersey

Mind Jersey is an independent local charity that provides support to people living with mental illness. Our vision is of a society that promotes and protects good mental

health for all, and that treats people with experience of mental illness fairly, positively and with respect.

### **Children & Young People's Services:**

**WRAP (Wellness Recovery Action Planning)** – up to 8 sessions of one to one support for young people aged 11-24yrs which supports positive mental health and wellbeing. WRAP helps young people learn more about themselves and gain more understanding and control over their experience of mental health problems.

**SibsMinds** – 4 week programme for 7-12yr olds affected by the mental health problem of a sibling. Children will learn about mental health problems and develop some coping skills.

**Youth Participation** – Youthful Minds has been set up to ensure that Mind Jersey helps young people get their voices heard in mental health services in Jersey. The group aims to tackle the stigma associated with mental ill health and to raise awareness. The group is led by young volunteers aged 11-24yrs who all have a passion for mental health.

**Family Smiles** – offers parents with a mental illness and their children family-focused mental health support. Family SMILES helps children aged 7-15yrs to learn about mental illness and develop coping skills and supports parents to understand their child's experience, supporting families to thrive.

**Decider Skills** – are proactive mental health skills based on Cognitive Behaviour Therapy (CBT) that are taught in a fun and memorable way. The aim is to enable children aged 7-12yrs to learn effective coping skills before they need them and to build resilience.

Contact Liz Kendrick-Lodge – [l.kendrick-lodge@mindjersey.org](mailto:l.kendrick-lodge@mindjersey.org) or 07797 755700

or Amy Hall – [a.hall@mindjersey.org](mailto:a.hall@mindjersey.org) or 07829 710341

The Bridge Child & Family Centre, Le Geyt Road, St Saviour

[www.mindjersey.org](http://www.mindjersey.org) or [www.facebook.com/mindjersey/](https://www.facebook.com/mindjersey/)

## **NSPCC Jersey**

The NSPCC Jersey Service Centre is an island-wide service that provides vital support to local families. We are based at The Gower Centre in Stopford Road, St Helier.

We are delivering cutting edge services to protect children, prevent abuse and give children the help and support they need. We believe in a society where every child is happy, fulfilled and free from fear.

The NSPCC's 24hr helpline is a free service that parents, family members and professionals in Jersey can access on 0808 800 5000. Calls are answered by trained staff in the UK who have access to information about services on the Island that can offer support.

Childline is a 24hr helpline for children and is free to call from Jersey on 0800 1111.

Support can also be accessed online on [www.childline.org.uk](http://www.childline.org.uk)

### **Services on Offer:**

**Letting The Future In (LTFI)** is a therapeutic service for children and young people age 4 to 17, who have made a disclosure of sexual abuse. Many children and young people feel confused and upset by what has happened to them, so a wide range of approaches are used by the workers at the one to one sessions including talking, play and creative activities, which gives children and young people an opportunity to explain how they are feeling. The service is designed to work with children, young people and the safe parent and or carer.

**Baby Steps:** A unique group work programme which is provided jointly by NSPCC, FNHC and midwives. The 9 week programme starts before birth and is designed to support parents with the transition to parenthood in a fun, meaningful way and helps them engage positively with their babies.

**United Voices:** A group for 11 to 18 year olds, meet at The Gower Centre every month and engage in Regional Participation events nationally. We are keen for young people to have an opportunity to voice their say on the services available to children and young people in the Island and to discuss the issues affecting young people.

**Speak Out and Stay Safe:** A programme launched so that a generation of children have the knowledge and understanding they need to stay safe from abuse and neglect. The programme provides child friendly, interactive assemblies and workshops in all Channel Island primary schools to help all children aged 4 to 11 learn essential safeguarding information in a lively, interactive and memorable way.

For more information, please contact the NSPCC in Jersey on (01534) 760800 / Freephone: 0800 090 2270 or email [jerseyservicecentre@nspcc.org.uk](mailto:jerseyservicecentre@nspcc.org.uk)

You can also visit us on Facebook [www.facebook.com/nspccjersey](http://www.facebook.com/nspccjersey)

[www.nspcc.org.uk/what-we-do/what-we-stand-for/jersey/](http://www.nspcc.org.uk/what-we-do/what-we-stand-for/jersey/)

## **Resilience Matters**

Resilience is one of the most important life tools we can learn as it helps us deal with all the stuff life throws at us every single day!

Resilience Matters gives parents and carers simple transferable skills they can use and pass on to beat stress, anxiety, build happier relationships and bounce back from life's challenges. This is resilience in action.

Resilience Matters delivers skill based workshops within the local community to enable people to better manage their mental, emotional and physical health. The community based workshops are open to anyone who wants to learn practical skills in a fun, informal and interactive environment. The Resilience Matters team currently work with schools, parents and partner agencies to support the local community.

Tel: 486599 or 07797 896163 or email [info@resiliencematters.co.uk](mailto:info@resiliencematters.co.uk)

[www.resiliencematters.co.uk](http://www.resiliencematters.co.uk)

## Samaritans

We offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you. You can call, email or visit us face to face. There's no waiting lists and no assessments. We're there for people when they need us, which could be any time of day or night. We also speak to people who are worried about someone else.

We also work in schools, helping youngsters talk about emotional health.

We promote awareness of our service at local social venues, community events and music festivals and we also offer training to organisations keen to learn more about our listening skills.

24 hour helpline free of charge on 116 123

Drop in at Hue Street from Monday to Sunday from midday to 10pm.

Email [jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org/branches/samaritans-jersey>

## St Johns Ambulance Carers Support Course

Our free Carers' Support Programme is for informal carers who are caring for a friend or relative in their own home. We also welcome volunteers who care for people within the voluntary sector. The course is set in an informal environment and gives carers the opportunity to meet others in similar situations

Each programme is made up of four sessions held at St John Ambulance HQ, Midvale Road, St Helier from 10am to 2pm. Limited parking is available.

For further information, please call St John Ambulance, telephone 735611 or email [countyhq@sja.org](mailto:countyhq@sja.org)

## The Bridge

We work together to provide families and young people with opportunities to access services, which allows for a healthy and safe lifestyle that enables all to achieve and participate in the community. We are a multi-agency community facility, which offers an accessible one-stop shop for families and young people.

### Who do we support?

Parents from conception, children from birth, young people, families, members of the community.

### Who is based at the Bridge?

Brighter Futures, Community Midwives, Friends of the Bridge, Health Visitors, Highlands Learning Centre, Jersey Child Care Trust, Jersey Voluntary & Community Partnership, Parenting Support Services.

### Referral Procedure

Any of the above can refer somebody in and also you can self refer.

Tel: 449495 or email [p.tumelty@gov.je](mailto:p.tumelty@gov.je)

[www.jod.je/kb5/jersey/directory/service.page?id=PJg2SEJEjFg](http://www.jod.je/kb5/jersey/directory/service.page?id=PJg2SEJEjFg)

## Triumph Over Phobia

Triumph Over Phobia (TOP) Jersey is a self-help group for sufferers of phobias, Obsessive Compulsive Disorder (OCD) and related conditions. We aim to help sufferers overcome their fears and become ex-sufferers.

Tel: 608008 or email [topjerseyci@gmail.com](mailto:topjerseyci@gmail.com)

Helpline: 0800 735 0608

<http://topjersey.org/>

## Youth Service: My Time for Young Carers

The Youth Service runs several projects providing support to young people and their siblings.

**My Time for Young Carers:** If you are under 18 and supporting someone, we can give you a safe, fun place to meet other young people like you whilst enjoy activities such as baking, climbing, games, art, dancing and sport. Sessions are on Saturdays at Le Squez Youth Centre (8-12 years) 10am-12pm and Mondays at Grands Vaux Youth Centre (13-18 years) 7-9pm.



Our holiday programme offers activities such as sailing, bowling, cinema, paddle boarding.

Website: <https://www.yes.je/Info/young-carers/>

Email [mytime@jys.je](mailto:mytime@jys.je) or call 280500.

## Youth Service: Youth Enquiry Service

The Youth Enquiry Service known as the YES Project is a project of Jersey Youth Service. The main part of our service is to provide information and advice on a range of issues from money to health, exercise to housing.

We also provide a free counselling service to young people aged 14 to 25 years old from our drop in at 'The Link', Eagle House. Appointments take place during the drop-in hours. Early evening appointments can also be arranged if required.

The Link drop in runs from Monday to Friday from 12:00pm – 6:00pm.

## Cafés/Restaurants

### Beresford Street Kitchen

Beresford Street Kitchen is a social enterprise providing training and employment for people with learning disabilities and autism. Every penny generated through sales goes back into the charity and the more money we raise the more positions we can offer.

We also produce great food and drinks and high-quality gifts for sale in our gift shop. At Beresford Street Kitchen, we offer our customers a unique cafe experience where you can come and relax in one of our attractive seating areas. We have free wifi, book shelves and plenty of old-fashioned board games to keep you busy.

Open Mon - Sat: 8am - 5.00pm. Closed Sunday.

17 Beresford Street Kitchen, St Helier, Jersey

Tel: 509644

Email: [info@aspirejersey.je](mailto:info@aspirejersey.je)

[www.beresfordstreetkitchen.je](http://www.beresfordstreetkitchen.je)

### Jersey Disabled Travel

The Jersey Disabled Travel website provides information on a selection of cafes and restaurants with disabled access.

<https://disabledtravel.org.je/things-to-do/selection-of-cafes-and-restaurants-with-disabled-access/>

### Les Ormes Brasserie

Please visit the Max Card website for latest offers

With lift access to the first floor, comfortable and calm surroundings and the option of booking the function room for private events or meals, the Brasserie can cater for all. If you have allergies or food intolerances please speak to a member of staff and our Head Chef will do his best to accommodate. Please be aware that the kitchen does handle ingredients that may cause reactions and we cannot fully guarantee all food will be free of allergens.

[www.lesormesjersey.co.uk/brasserie/](http://www.lesormesjersey.co.uk/brasserie/)

Tel: 497000

## Holiday Clubs

Activity clubs offer specific activities, such as sport, art or drama, during school holidays and/or after school. Some run before and/or after school and many run during school holidays. The number of children they accommodate varies depending on the type of club on offer, usually between 20 and 120 children. Staff to child ratio is 1:8 for under 5 years and 1:10 for over 5 year olds.

These activities are sometimes called 'universal services' because they are routinely available to all children and young people. Many are happy to accept disabled children, but to get the most out of their time there some children and young people may need additional support. This could be because they need help with using the toilet, or with their behaviour. Some children just need someone to go along with them for the first few times to help the service to understand how to include them successfully.

A list of universal holiday providers is available from the Jersey Childcare Trust.

[www.jcct.org.je/looking-for-childcare/help-guides/activity-clubs/](http://www.jcct.org.je/looking-for-childcare/help-guides/activity-clubs/)

## Autism Jersey

Autism Jersey run a holiday club for primary school age children during the Easter and summer holidays.

The club is based at Grands Vaux School and runs from 10am to 2.30pm. At Easter the club is centre-based but in the summer there is a combination of centre-based activities and trips out.

<https://autismjersey.org/>

Tel: 871888

## Centre Point Trust

Our Playcare unit is situated at La Pouquelaye. We are very lucky to have a purpose built site to cater for large numbers of children. Playcare is separated into two units, Reception, Yrs. 1-2 unit and Yrs. 3+, each unit is registered for 60 children.

We offer 2 different services during the school holidays. Your child can come 7.30am till 2.30pm or 7.30am till 6pm. We offer various activities on site and off site. We offer the children trips on a daily basis to various sites around the island including parks and beaches, sand dunes, woods, Tamba Park, Fort Regent, Creepy Valley, swimming at Les Quennevais etc.

Our building is designed so that we have wheelchair access along with accessible toilets.

[www.cpt.ie/](http://www.cpt.ie/)

Telephone: 735151 (option 4)

## Mont a l'Abbe Holiday Club

For children who attend Mont a l'Abbe School (primary and secondary).

Email: [adelinadorleans@jys.ie](mailto:adelinadorleans@jys.ie)

## Education and Childcare

### Best Start Partnership

The Best Start Partnership brings together the voices of children and families with representatives from public, private, community and voluntary organisations that are involved in Early Years and Childhood Development. Formerly the Early Years and Childhood Partnership (EYCP) this rebranded strategic group has a shared vision that Jersey will be the best place for children to grow up. The ambition of the partnership is to listen to children, parents and practitioners in order to review and influence policy and practice to improve outcomes for children and families. This includes working at a universal level, delivering the Best Start in life for all children, recognising when additional support services may be needed through Best Start Plus and that by working together children and families will be better off.

To find out more visit <https://beststart.je>

### Childcare

A full list of childcare providers (including childminders, nannies, nurseries, playcare centres and activity clubs) in Jersey is available from the Jersey Child Care Trust website.

Advice is also available from the Jersey Association of Child Carers.

Jersey Child Care Trust - [www.jcct.org.je/](http://www.jcct.org.je/)

Jersey Association of Child Carers - [www.jacc.org.je/](http://www.jacc.org.je/)

### Code of Practice for Special Educational Needs

The States of Jersey vision for children with special educational needs is the same as for all children and young people – that they achieve well in their early years, at school and in college, and lead happy and fulfilled lives.

The code of practice includes statutory guidance (what schools and the Education Department **must** do to comply with the law) and non-statutory guidance (providing advice for schools and the Education Department to understand how to comply with the law).

Tel: 445504 or email [inclusion@gov.je](mailto:inclusion@gov.je)

[www.gov.je/education/schools/sen/pages/whatsupportavailable.aspx](http://www.gov.je/education/schools/sen/pages/whatsupportavailable.aspx)

### Early Years Inclusion Team (EYIT)

The Early Years Inclusion Team provides a support service for all pre-school settings both States and private for children aged 0 to 4 years. The team consists of two Early Years Special Educational Needs Coordinators and two Portage Home Visitors.

### **Referrals**

If you have any concerns about your child's development the first thing to do is to discuss your concerns with your health visitor, GP, or pre-school setting. If additional support or monitoring is required referrals can be made by the appropriate professional involved.

We accept referrals from early years settings, Jersey Child Care Trust, Child Development Centre, Health Visitors and GPs.

Tel: 445504 or email [inclusion@gov.je](mailto:inclusion@gov.je)

[www.gov.je/health/children/childdevelopment/pages/preschool.aspx](http://www.gov.je/health/children/childdevelopment/pages/preschool.aspx)

### **Early Years Special Needs Coordinators**

Early Years Special Needs Coordinators work within the Early Years Inclusion Team. They provide professional educational support to early years practitioners in meeting the needs of all pre-school children with special educational needs. Their practice is based on the principles of inclusion and integration, equal opportunities and differentiation.

Tel: 445504 or email [inclusion@gov.je](mailto:inclusion@gov.je)

[www.gov.je/health/children/childdevelopment/pages/preschool.aspx](http://www.gov.je/health/children/childdevelopment/pages/preschool.aspx)

### **Education Psychology Team Telephone Consultation Line**

The Education Psychology Team maintain regular links with schools and work with staff, young people and others to reduce barriers to inclusion and to enable adults to develop their understanding of special needs and awareness of best practice. They offer a telephone consultation service where you can discuss any concerns relating to young people's development and special needs, eg learning, social-emotional, behavioural, etc. They will problem solve and share ideas and may also signpost you to information and/or approaches that also help.

The focus of the telephone consultation will be school-related problems. We aim to discuss concerns at an early stage, where the young person may have mild to moderate needs but will be unlikely to be referred to an Educational Psychologist at this stage. The consultation is informal and aims to be a conversation that makes a positive difference. Request for intervention by an Educational Psychologist can only be actioned by a school.

Tel: 07797 913411 on Wednesdays from 12.30-3.30pm, term time only.

## Jersey Association of Child Carers

The JACC lists a large number of Registered Childminders in Jersey and their current availability.

[www.jacc.org.je/](http://www.jacc.org.je/)

## Jersey Child Care Trust

The JCCT has a full list of childcare providers (including childminders, nannies, nurseries, playcare centres and activity clubs) in Jersey.

For further information see section on Support Groups.

[www.jcct.org.je/](http://www.jcct.org.je/)

## Jersey Premium

Jersey Premium is a targeted funding programme for schools which aims to make sure all children get the best start from their education. Schools receive extra funding calculated on the number of eligible children they have each year. The school decides how the money is spent to improve the child's educational experience and outcomes. Children attending a States school nursery are also entitled to 30 hours a week (6 hours a day) of free nursery education.

There are three eligibility criteria:

- all pupils who are, or have ever been, Looked After Children
- children from households which have recently claimed Income Support
- children from households with 'Registered' status that would qualify to claim Income Support if they had lived in Jersey for five years

[www.gov.je/education/schools/childlearning/pages/jerseypremium.aspx](http://www.gov.je/education/schools/childlearning/pages/jerseypremium.aspx)

Tel: 445504 or email: [education@gov.je](mailto:education@gov.je)

## Portage

Portage is planned, home-based educational support for pre-school children with special educational needs.

Portage is delivered by Portage Home Visitors who are part of the Early Years Inclusion to support children and families within their local community. Portage Home Visitors support parents and pre-school children in the family home. They also run regular 'Stay and Play' groups for pre-school children and their parents. They support the child's transition from home to early years education settings.

Tel: 445504 or email [inclusion@gov.je](mailto:inclusion@gov.je)

[www.gov.je/health/children/childdevelopment/pages/preschool.aspx](http://www.gov.je/health/children/childdevelopment/pages/preschool.aspx)

[www.portage.org.uk/](http://www.portage.org.uk/)

## Pre-School Forum

This is a multi-agency group of people involved in early years work, who meet every six weeks. The Pre-School Forum will consider referrals to the Early Years Inclusion Team (EYIT).

The group includes:

- health visitors
- educational psychologist
- consultant paediatrician
- speech and language therapists
- paediatric occupational therapists
- paediatric physiotherapists
- Children's Service
- Child and Adolescent Mental Health Service (CAMHS)

Tel: 445504 or email [inclusion@gov.je](mailto:inclusion@gov.je)

[www.gov.je/health/children/childdevelopment/pages/preschool.aspx](http://www.gov.je/health/children/childdevelopment/pages/preschool.aspx)

## Specialist Schools and Settings

The needs of most pupils are met in mainstream schools. This is through high quality teaching and special educational needs support.

Every effort is made to ensure that suitable education is provide within a mainstream school.

Some children may need more support and require a more specialist placement. This will be identified through professional discussion with the family. This could be on a full-time, part-time, short term or long term basis.

### **Special educational needs schools**



School	Need(s) met	Age / year group
Mont a l'Abbe	Learning difficulties	Nursery to 19 years
d'Hautree House	Social Emotional and Behavioural Difficulties (SEBD)	Years 7 to 11
Alternative Curriculum	Individual support	Years 7 to 10
	Onsite provision	Year 11

### Specialist centres within mainstream schools

School	Need(s) met	Age / year group
Bel Royal	Physical and medical needs	Nursery to Year 6
Grainville	Autism and social communication needs	Years 7 to 11
Haute Vallee	Autism and social communication needs	Years 7 to 11
St Clement	Deaf / hearing impaired needs (combined with Le Rocquier)	Nursery to Year 6
Le Rocquier	Deaf / hearing impaired needs (combined with St Clement)	Years 7 to 11
Les Quennevais	Physical and medical needs	Years 7 to 11
Rouge Bouillon	Pre school language needs	Nursery
	Autism and social communication needs	Nursery and Reception
St Saviour	Autism and social communication needs	Nursery to Year 6

### Special Needs Inclusion Project: Jersey Child Care Trust

The Special Needs Inclusion Project (SNIP) supports preschool children with Special Educational Needs and Disabilities (SEND) access mainstream private nurseries and preschools.

The main referral criteria is that the child is accessing support through two professional agencies e.g. Speech and Language Therapy, Early Years Inclusion Team, Physiotherapy, Occupational Therapy. A parent, professional or childcare practitioner can refer a child using a Referral Form from the Jersey Child Care Trust.

Hours of support vary from 5 hours to 20 hours a week, depending upon the needs of the child and the setting.

All our Support Workers have a minimum Level Three Childcare qualification, training in Safeguarding, First Aid, SPELL and basic Signing. Some of our support workers also have training in Tracheostomy care, Peg feeding and PECS communication.

Tel: 629901 or email [info@jcct.org.ie](mailto:info@jcct.org.ie)

[www.jcct.org.ie/looking-for-childcare/support-for-families/special-needs-inclusion-project/](http://www.jcct.org.ie/looking-for-childcare/support-for-families/special-needs-inclusion-project/)

## Health and Community Services

### CAMHS (Child and Adolescent Mental Health Service)

CAMHS is a mental health assessment and therapeutic service for children and young people (up to their 18th birthday) and their families.

We offer assessment, diagnosis and treatment for children and young people suffering from:

- Emotional difficulties
- Behavioural difficulties
- Relationship difficulties
- Developmental difficulties
- Other mental health disorders (eg psychosis, eating disorders)

Open 9am-5pm Monday to Friday. Outside of these hours, please present at A&E where someone will help you.

#### Referral

We accept referrals from GP's, paediatricians, school counsellors, school nurses, social workers and others who work with children and young people.

We aim to see new referrals as quickly as possible. When referrals don't meet the criteria for CAMHS, we try to provide advice or signpost to services who can help.

Tel: 445030 or email [hsscamhs@health.gov.je](mailto:hsscamhs@health.gov.je)

[www.jod.je/kb5/jersey/directory/service.page?id=MM\\_48s3lPr8&adultchannel=0](http://www.jod.je/kb5/jersey/directory/service.page?id=MM_48s3lPr8&adultchannel=0)

### Child Development and Therapy Centre

The Child Development and Therapy Centre (CDC) offers a comprehensive assessment, treatment, diagnostic and family support service to children with complex developmental and/or health needs from birth to 18 years of age.

All referrals for multi-agency input from the CDC come from one of the Consultant Paediatricians. Professionals within the CDC include:

- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists

- Family Care Coordinators
- Social Workers
- Community Short Break Development Officer

The CDC also has strong links with the following groups:

- Consultant Paediatricians
- Children's Service
- Education Department
- Family Nursing and Home Care
- Dietitians

The CDC also provides outpatients appointments for patients of Physiotherapy, Occupational Therapy and Speech and Language Therapy.

Tel: 444817 or 444815 or email [familyinformation@health.gov.ie](mailto:familyinformation@health.gov.ie)

## Children's Palliative Care Pathway

Children's palliative care is an active and total approach to care, from the point of diagnosis or recognition of life-limiting or life threatening conditions. It embraces physical, emotional, social and spiritual elements and focuses on the enhancement of the quality of life for the child or young person and support for the family. It includes the management of symptoms, provision of short break and care throughout life, death and bereavement. The Palliative Care Pathway is developed on the UK's "Together for Short Lives" policy.

Referrals to the Pathway are made by a consultant paediatrician.

Together for Short Lives helpline: 0808 8088 100

[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)

## Complex Needs Social Work Team

Providing services to children with complex health needs and disabilities from birth to 18 years and their families.

### **The eligibility criteria**

The Complex Needs Social Work Team provides services to children, young people and their families where the child:

- has a permanent and substantial disability (condition) and/or complex health needs that have a substantial and long-term adverse effect on the ability to

engage in normal day-to-day activities, with a consequent effect on family functioning;

- requires specialist services to prevent significant harm or serious risks to health, welfare or child development.

### **How do you access us?**

Enquiries can be made directly to MASH (Multi Agency Safeguarding Hub) by the family or professionals involved with the family.

Enquiries from families can be made by calling MASH on 01534 519000 or email [Enquiries-MASH@gov.ie](mailto:Enquiries-MASH@gov.ie)

Before a professional makes a MASH enquiry they need to seek parental consent. The only time this can be overridden is if seeking consent may itself place a child at risk of significant harm.

### **What happens next?**

The Decision Maker in MASH will then either signpost to Early Help or refer directly to the Complex Needs Social Work Team for a children and family assessment.

### **The children and family assessment:**

Assessments will address:

- the child's developmental needs
- the parents'/caregivers' capacities to respond appropriately to these needs
- the wider family and environmental factors
- safeguarding & risk factors associated with complex needs e.g. increased vulnerability, dependency on others for personal care needs, communication needs
- the wishes of the child and their family including siblings.

A Parent Carers assessment will also be completed to establish the additional caring demands as a result of the child's level of need.

### **What do we do?**

The team offers information, advice, support and practical help to families with children who have a permanent and substantial disability or long term condition/illness that impacts on their everyday living.

Once a social worker is allocated they will undertake the following:

- carry out a children and family assessment
- help identify resources
- make sure children are safe
- work with children and young people who are Looked After
- seek to provide help in an emergency if needed

We also work very closely with a number of agencies including

- Family Nursing and Home Care (Health Visitors, School Nurses Community Paediatric Nursing)
- Education
- Health Professionals e.g Dieticians, Physiotherapists, Paediatricians

### **How do we help?**

A social worker will assess the needs of you and your child to establish which services you may be eligible for. We will do this by talking to you and your child.

We may, with your permission, also liaise closely with other professionals such as teachers, health visitors and doctors.

We work in partnership with parents and this includes an assessment of their needs as a carer.

We have close links with voluntary agencies involved with disability.

Before the young person turns 18, we make sure that we have set up plans to ensure a smooth transition to adult services for young people who need ongoing services.

We work with Education and Adult Social Services to help the young person and the family to prepare for this.

### **EarlyBird Programme**

A three-month programme for parents/carers of pre-school children who have or have been referred for diagnosis of an autism spectrum disorder. The programme combines group training sessions with individual home visits, where video feedback is used to help parents to combine theory with practice.

The EarlyBird approach will help you to:

- understand your child's autism
- develop communication through structured activities
- develop ways to avoid or manage behaviours that may occur

Referral to the programme is made by speech and language therapists.

For more information call 443894 or 443038.

[www.autism.org.uk/earlybird](http://www.autism.org.uk/earlybird)

### **Family Care Coordinators**

Whilst every child and family's needs will be different, the four key functions of a Family Care Coordinator are:

**Emotional and Practical Support** including talking through difficult decisions and developing a trusting professional relationship.

**Coordination** which will involve being a single point of contact with professionals and

helping you coordinate meetings.

**Planning and Assessment** by ensuring you receive the right support and assessments from different professionals.

**Information and Specialist Support** such as advocating for a child and their family, providing information and signposting on to more specialist support when necessary.

**Referrals:**

A child and their family will be allocated a Family Care Coordinator if they are referred onto the Early Years Pathway at the Child Development Centre or the Children's Palliative Care Pathway and do not already have a social worker allocated to support them

Contact details: Family Information Coordinator on 444817.

## Occupational Therapy

Occupational Therapists (OT) look at how children are able to use their hands for play and schooling activities, and also how they are able to do things for themselves. The OT can help you with ways to encourage play and self-help skills, this includes things like dressing and eating on their own. OTs can help by adapting or providing special equipment to help your child if necessary. They also have specialist knowledge around the sensory needs of children and can advise on strategies and activities to help promote more effective sensory processing.

**Referrals**

You can:

- be referred by your school, nursery, health visitor, GP, consultant or other professional working with you
- self-refer
- be referred by a parent, carer, friend or family member (with your permission)

Tel: 444869

## Physiotherapy

The children's physiotherapy service is for children age 0-18. We are part of the Child Development Team offering therapy to children with complex needs which involves the assessment, treatment and ongoing advice on gross motor development, including sitting, rolling and crawling. Our work also involves treating children with other orthopaedic, neurological, respiratory, soft tissue injuries and developmental delay.

Physiotherapy is provided from the Child Development Centre and also at the General Hospital, Robin Ward, Special Care Baby Unit (SCBU), specialist clinics and in the community in schools, nurseries and homes.

## Referrals

Referrals are made via a consultant.

## Positive Behaviour Support Team

It is the aim of the Positive Behaviour Support Team to:

- Offer constructive advice to professionals, carers and families to understand and respond effectively to behaviour that challenges. There is a drop in clinic on the last Thursday of every month
- Provide detailed behavioural assessments using the techniques of Applied Behaviour Analysis (ABA) for behavioural issues that are difficult to understand. These inform the development of bespoke Positive Behaviour Support (PBS) intervention plans
- Contribute to the development of high quality services designed to meet the needs of individuals who may display behaviour that challenges
- Provide training for professionals, carers and families to effectively and safely support individuals who may display behaviour that challenges, thus promoting quality of life and community access
- Promote the ethos of Positive Behaviour Support across services to ensure individuals access, work, learn and live in ordinary community settings without undue restrictions

The PBS Team can take referrals from professionals, carers and families supporting children or young people that have a diagnosis of learning disability and / or autism, who present behaviour that challenges.

For referral forms or enquiries please contact Dr Darren Bowring on 445724 or email [d.bowring@health.gov.je](mailto:d.bowring@health.gov.je)

Positive Behaviour Support Team: Floor 2, Eagle House, Don Road, St Helier. JE24QD.

## Speech and Language Therapy

Speech and Language Therapists (SALT) provide help and support for children who have the following conditions:

- delayed or disordered language development



- difficulty with producing and using speech sounds
- difficulty in understanding
- difficulty in the use of language for social interaction
- a stammer
- hearing impairment
- a voice disorder
- eating, drinking or swallowing difficulties

## Referrals

You can:

- be referred by your school, nursery, health visitor, GP, consultant or other professional working with you
- self-refer (for voice disorders you need an Ear Nose and Throat (ENT) assessment first)
- be referred by a parent, carer, friend or family member (with your permission)

Tel: 444500 or email [slt@health.gov.je](mailto:slt@health.gov.je)

## Team Around the Child (TAC)

This approach underpins the work of the Child Development Centre and involves Parents/Carers and other key professionals working as part of a team around an individual child or young person's Team Around the Child (TAC). Some members of the TAC will be involved for longer periods whilst some will only be part of the team for specific or time limited reasons.

Within the TAC, each child or young person will always have one member of the multi-professional team who act as their Lead Worker. The Lead Worker may be someone who was already working with the family and takes on the additional lead worker responsibilities. However, increasingly a Family Care Coordinator may be allocated to undertake the Lead Worker role. This allows the therapists and other staff to focus on their respective areas of specialism whilst at the same time ensuring the family have someone supporting them in coordinating their care. The overall aim of the Lead Worker is to reduce the level of stress that comes from having a child with complex developmental/health needs and from having a wide range of professionals involved.

At times the Lead Worker may decide that it would be helpful for a family to have a Team Around the Child (TAC) plan. The TAC plan will draw together the findings and targets of the various assessments that colleagues have completed and will clearly identify what each professional is doing to help a family within a single plan. It is the lead workers responsibility to produce the TAC plan, organise the meetings when it is updated and then produce the updated plan afterwards.

## Travel

### By Air

Passengers may be dropped and picked up immediately outside the departure and arrival halls at Jersey Airport. Wheelchair assistance can be arranged on arrival and departure, but you must advise the airline when you check in for your flight.

The departure lounge is all on one level, with lots of room to move. The lounge has fixed seating, and the café individual seats. There's a lift to the viewing area on the first floor and also to the Aviator Restaurant, which has a small area for wheelchairs and a ramp.

Accessible toilets are available landside in the departure lounge and airside in arrivals.

[www.jerseyairport.com/Airport/Pages/SpecialAssist.aspx](http://www.jerseyairport.com/Airport/Pages/SpecialAssist.aspx)

### By Sea

Condor Ferries staff are on hand every step of the way, from check-in to disembarkation, to make your journey a relaxing experience. If assistance is required, please inform us when making your booking.

Condor Ferries offer:

- Priority boarding and disembarkation
- Appropriate seating on board (N.B. limited availability)
- At-seat steward service

Facilities aboard the fast ferries include accessible toilet with alarm, lift from car deck to main passenger deck (all fast ferries) and interior cabin elevator (Condor Express and Vitesse).

Facilities aboard conventional ferries include two cabins with ensuite accessible toilet and washing facilities, accessible toilet with alarm and lift from car deck to passenger deck.

[www.condorferries.co.uk/onboard/disabled-facilities/](http://www.condorferries.co.uk/onboard/disabled-facilities/)

### Liberty Bus

Liberty Bus offer a fully accessible fleet. All buses are low floor so that they are fully accessible for wheelchair users, pushchairs, prams and some smaller mobility scooters (with a permit – call 828550 for details). Bus handrails and steps are well marked to help people with a visual impairment. Wheelchair users: All our buses have

easy-access ramps and a dedicated wheelchair space suitable for all types of wheelchair - up to a maximum laden weight of 250KG.

The AvanchiAccess card is a concessionary bus pass scheme for residents aged 5 or above with a long term disability. Application forms are available from Liberation Station, Parish Halls, Social Security, GPs or from the Liberty Bus website.

Tel: +44 (0)1534 828555 or email [info@libertybus.je](mailto:info@libertybus.je)  
[www.libertybus.je](http://www.libertybus.je)

## Coaches

Facilities to accommodate collapsible wheelchairs only

Tel: 01534 706706  
[www.tantivybluecoach.com](http://www.tantivybluecoach.com)

## Taxi Fares for Wheelchair Users

The tariffs, or fares, charged by taxis that you catch from a taxi rank (controlled taxi-cabs) are regulated by the States. Rank taxis must not charge more for passengers with wheelchairs than any other passenger.

The tariffs charged by private hire taxis (restricted taxi-cabs) – ie. those that you phone up and arrange for them to pick you up from home or another location - are not regulated by the States. Private hire taxis can set their own charges but they must clearly display those charges on a tariff card inside the taxi. If a private hire taxi expects to charge a higher rate for passengers with wheelchairs they should state that on their tariff card.

If any passenger who is a wheelchair user believes they are being charged a higher rate for their journey than a passenger who does not use a wheelchair they should:

- ask for a receipt that shows the amount charged
- make a note of the taxi's number (this will be displayed on a plastic card on the dashboard and is also shown on a yellow, white or red plate on the rear of the taxi)
- make a note of the date and time of the journey, plus details of the pick-up and drop-off points
- contact the taxi-cab company and speak to the manager, explaining your concerns and seeking redress
- if the company does not help or the passenger still has concerns, contact the Driving and Vehicle Standards team on tel: 448600; email [dvsinfo@gov.je](mailto:dvsinfo@gov.je)

## Enable Jersey Car Hire

Enable Jersey has a car that will take up to two wheelchairs to assist those who wouldn't otherwise be able to get around the Island. The car is kept in Sand Street car park and bookings are taken by Shopmobility. It costs £20 per day plus petrol (the charge can be waived for those who cannot afford it). All that is required is to be a member of Enable Jersey and a valid driving licence (for insurance purposes drivers must be over 21). Drivers should be confident driving larger vehicles, the car is a Peugeot Teepee (size of a people carrier). This is available to individuals and organisations.

Talk to a member of our team today on 01534 485740.

[www.enablejersey.org/](http://www.enablejersey.org/)

## Car Parking

If you have a permanent, substantial disability which means you cannot walk or find walking considerably difficult, or are registered blind with the Jersey Blind Society Incorporated, then you are eligible for the blue badge disabled parking scheme.

Badges are available from the Town Hall in St Helier.

You must display the badge on top of the dashboard of the vehicle with the front of the badge (the side showing the wheelchair symbol) facing forward. The relevant details should be clearly visible from the outside of the windscreen. Failure to display the badge correctly will result in a parking penalty being issued.

The length of time that you can park for depends on the area where you park.

Some areas require that you use paycards to display your time parked. In other areas you will need to use a parking disc clock. You can use the standard yellow parking disc clock (available from Car Parks Administration, Sand Street or the Town Hall at a cost of £2.00), or a European disabled blue parking disc clock (this disc is recognised throughout Europe) provided free of charge with your permit.

Tel: 811811 or email [townhall@posh.gov.je](mailto:townhall@posh.gov.je)

[www.gov.je/Travel/Motoring/Parking/Pages/DisabledParking.aspx#anchor-4](http://www.gov.je/Travel/Motoring/Parking/Pages/DisabledParking.aspx#anchor-4)

[www.jod.je/kb5/jersey/directory/service.page?id=QJ2wgg1hJQ&adultchannel=0](http://www.jod.je/kb5/jersey/directory/service.page?id=QJ2wgg1hJQ&adultchannel=0)

## Shopmobility

The only charity in Jersey specialising in the hire of powered scooters, powered and manual chairs, quad- and tri-walkers. There is a registration fee for permanently disabled Islanders and a small loan charge for casual users.

Free parking when you hire a scooter or wheelchair, powered or manual. Parking is reserved solely for Shopmobility. Permits will be issued each time a chair or scooter is used at no extra cost.

Open 10am to 4.30pm Monday to Saturday except Bank & Public Holidays. Lower Ground Floor, Sand Street Car Park

If you wish to book a scooter or chair, please ring 01534 739672, 07829 736797 or 07700 736797.

For Durrell ring 01534 860021 or 860045.

For Jersey War Tunnels ring 01534 860808.

[www.shopmobility.org.je/](http://www.shopmobility.org.je/)

## Information and Advice

### Autism-friendly Jersey

The Co-op Grand Marché in St Helier and St Peter hold a quiet hour from 3 to 4 pm every Monday afternoon. Their staff have been trained in autism awareness.

Jersey Heritage have drawn up Visual Stories for each of their sites to help visitors to the castles and museums. <https://www.jerseyheritage.org/>

Les Quennevais Sports Centre have introduced autism-friendly swimming sessions on the first Sunday of each month. The sessions, from 2-3 pm, are open to everyone and normal entry fees will apply (free admission for Active card holders). A visual story board is available at [www.gov.je/leisure/sport/activecard/facilities/indoor/pages/lesquennevaissportscentre.aspx](http://www.gov.je/leisure/sport/activecard/facilities/indoor/pages/lesquennevaissportscentre.aspx)

Cineworld Jersey hold an autism-friendly screening on the first Sunday of each month. During these screenings lighting is kept on, volume levels are reduced, there are no adverts or trailers, seating is not allocated and customers are allowed to bring in their own food.

The Entertainer toy shop in Bath Street have introduced a Quiet Hour every Saturday morning, from 9 to 10 am. The Quiet Hour also runs every day in the school holidays from 9 to 10am. They are happy to turn off the music and make it a welcoming environment for children who have autism. You can phone ahead of your visit if you need to.

### The Barberette Van

The Barberette Van is a mobile salon and barber that can be based in a variety of convenient locations including direct to your home.

Tel: 07700 721105 or email [info@thebarberettevan.com](mailto:info@thebarberettevan.com)

[www.facebook.com/TheBarberetteVan](https://www.facebook.com/TheBarberetteVan)

### CEA Card

The CEA (Cinema Exhibitors Association) Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

[www.ceacard.co.uk/](http://www.ceacard.co.uk/)

## Changing Places & Toilet Facilities

There are two Changing Places Toilet facilities available in St Helier located at:

Town Hall in St Helier (provided by the Parish of St Helier)

Millennium Town Park in St Helier (provided by the States of Jersey)

Request to access both facilities requires application and registration. Access to the Changing Places facilities is by way of a swipe card. A returnable deposit is required.

To apply please email [townhall@posh.je](mailto:townhall@posh.je) where you will be asked to complete a form to register and receive your swipe card.

Carers and/or users will be required to sign a disclaimer to ensure they have read and understood the guidelines before a swipe card is issued.

Please note the Changing Places facilities are not for use by those who can access RADAR key scheme accessible toilets. Changing Places toilets are different to standard accessible toilets with extra features and more space to meet these needs.

For any further information regarding the facilities please go to <https://www.sthelier.je/public-conveniences>

As the premises are accessible by a swipe card only, once registered and issued with a swipe card access can be at any time.

Additional Changing Places toilets are located at Acorn Enterprises in Trinity and Les Quennevais Sports Centre in St Brelade. For further information, go to <http://changingplaces.uktoiletmap.org/find?toiletLocation=jersey>

## Channel Islands Co-operative Society

The Co-op offers two services to support children and adults with disabilities:

**Quiet Hour in Grande Marché St Helier and St Peter stores:** For one hour every Monday we turn off the lights, and switch off the music and the sounds on the tills. The aim is to make it an easier shopping environment for people who are on the autism spectrum, but everyone is welcome.

**Hidden Disabilities Sunflower Scheme:** offers islanders with hidden disabilities the option to wear a Sunflower lanyard or pin badge to alert colleagues that they may need additional support.

## Connect Card

'Connect' is an initiative aimed at helping people with a particular condition or disability explain their communication needs subtly and succinctly to service providers in the community.

The project is a collaboration between the States of Jersey and disability groups.

The Connect card is free – just apply online or email [info@connectcard.je](mailto:info@connectcard.je)

[www.connectcard.je/](http://www.connectcard.je/)

## Disabled Children's Register

The register is a list of children and young people in Jersey who have special needs and disabilities and who receive, or may one day need to use the services from health, social services, education or voluntary organisations.

The register provides a contact point for providing families with information about services and opportunities to be involved in consultations about special needs and disabilities. The information from the register will help us to build a broader picture of special needs and disability across Jersey from a family's perspective.

You can register your child or young person if they are under 18 years of age with complex learning difficulties, additional needs or a disability. No one has to register if they do not want to. It is a voluntary register and only contains the information that you as a parent or carer gives us.

Tel: 444817 or email [familyinformation@health.gov.je](mailto:familyinformation@health.gov.je)

## Family Nursing and Home Care

Family Nursing and Home Care (FNHC) Community Children's Nurses support children with nursing and health care needs and their families, at home and in community settings, such as nurseries or schools. We prevent or reduce hospital admissions for children and young people and provide families and carers with information, resources and support to promote independence, as far as possible.

FNHC also run MESCH (Maternal Early Childhood Sustained Home-Visiting) – a structured programme of sustained nurse home visiting for families identified to be at risk of poorer maternal and child health and development outcomes. It is delivered as part of a comprehensive, integrated approach to services for young children and their families.

Tel: [443600](tel:443600) or email [enquiries@fnhc.org.je](mailto:enquiries@fnhc.org.je)

[www.fnhc.org.je/](http://www.fnhc.org.je/)

## Hearing Loops

There are Hearing Loops in many places across Jersey. The list below is a sample and is not exhaustive. It is advisable to check with the venue directly.



## **The Loop System**

- Child Development & Therapy Centre
- Tourist Information Centre
- Lloyds TSB
- HSBC Bank
- Barclays Bank Library Place
- NatWest International Bank
- Jersey Arts Centre
- Grouville Town Hall
- St Lawrence Parish Hall
- St Helier Town Hall
- Hearing Resource Centre
- Diabetes Centre
- Jersey General Hospital
- Jersey Hospice
- Jersey Museum
- Maritime Museum
- Occupation Tapestry
- Elizabeth Castle
- Mont Orgueil (Gorey Castle)
- Hamptonne Country Life Museum
- La Hougue Bie
- Opera House
- Masonic Temple
- Salvation Army Citadel
- States Chambers
- Fort Regent (Don Theatre)
- Jersey Zoo
- Jersey Airport
- RBS International
- De Gruchy Department Store

## **Places of Worship offering The Loop System**

- Gorey Methodist
- Grouville Parish Church
- La Rocque Methodist
- St Aubin Methodist
- St Aubin on the Hill
- St Brelade Parish Church
- St Clement Parish Church
- Samares Methodist
- All Saints
- Baptist Church
- The Bay Church
- Salvation Army Citadel
- St Andrews
- St Columba's
- St Helier Parish Church
- St Helier Methodist Centre
- St Mary & St Peter
- St Paul
- St Thomas
- St John Parish Church
- Sion Methodist
- United Reformed Church
- St Lawrence Parish Church
- St Matthews (Glass Church)
- Tesson Chapel
- Our Lady, St Martin
- St Mary Parish Church
- Bethlehem Methodist
- St George
- St Ouen Parish Church

- Philadelphie Methodist
- St Peter Parish Church
- Georgetown Methodist
- St Saviour Parish Church
- St Luke
- Ebenezer Methodist

## Jersey Online Directory

Jersey Online Directory has been set up to provide carers and people who are being cared for with easy access to information and support.

[www.jod.je/kb5/jersey/directory/home.page](http://www.jod.je/kb5/jersey/directory/home.page)

## Love Jersey

Love Jersey is a website and a smartphone app that makes it easy to report disability access problems. You can also report anything that is in need of repair or a potential problem anywhere in the island from an overflowing bin to a pothole. If you think something needs urgent attention use the emergency contact numbers listed under 'Local information' on the app.

[www.lovejersey.gov.je](http://www.lovejersey.gov.je)

## Max Card

Max Card is the UK's leading discount initiative for children with additional needs. Max Card has partnered with 3,000 attractions to provide you with discounted access into venues across the UK. Check out the full list of Max Card venues at [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk) Contact the Family Information Coordinator for details on how to get your Max Card - email [familyinformation@health.gov.je](mailto:familyinformation@health.gov.je) or call 444817.

## My Voice

Our advocacy services help and support individuals to resolve a range of problems that they face as a direct result of their mental health or capacity issues. Our mission is to protect the rights and promote the choices of individuals with mental health disorders in Jersey.

Advocacy services:

- Mental Health Advocacy
- Capacity Advocacy
- Community Advocacy
- Young People Advocacy

Call 07797 716447 or email [advocacy@myvoice.org.je](mailto:advocacy@myvoice.org.je)  
[www.myvoice.org.je](http://www.myvoice.org.je)

## Parent Carer Forum

We are an independent group that has been developed with and for parents and carers who have children and young people with special needs. It covers all ages from birth to 25.

We facilitate two-way communication between parents/carers and the providers of services used by children and young people with special needs. We are supported by the States Departments of Social Security, Health & Social Services, Education, Housing and Adult Services.

It is free to become a member of Parent Forum Jersey and we actively seek new members so we can represent the needs of parents and carers with children and young people with special needs.

<https://parentcarerforum.je/>

## Parenting Support Services at The Bridge

Parenting Support Services work in conjunction with Family Support Workers in Primary and Secondary schools across the island to deliver a variety of programmes including Triple P.

### **Drop in facility**

We have a confidential drop-in service for any parents or carers who have questions or need to talk about parenting. This is available on a Friday from 9am to 12pm.

During the summer months Family Support workers will also be at the Bridge Child and Family Centre, Le Geyt Road, JE2 7NT on Tuesday's from 1pm to 5pm

### **Keeping Children In Mind programme**

This three hour course is for parents who are separated or divorced and worried about the impact on their children.

The course looks at ways of managing and supporting all the family and includes discussions on:

- talking to children about separation and divorce
- the potential effects of this life changing event on children and adults
- practical ideas on developing collaborative parenting approach
- how to deal with less than ideal situations

Call 449152 or email [parentingadmin@gov.je](mailto:parentingadmin@gov.je)

[www.gov.je/caring/organisations/pages/parentingsupportservices.aspx](http://www.gov.je/caring/organisations/pages/parentingsupportservices.aspx)

## Parentscope

Parentscope is a local, free and regular drop-in session where all parents and carers of children aged between 3-16 years of age have access to a range of qualified professionals from Education, Health and the Police to discuss any worries or concerns you may have about your child including:

- Managing difficult behaviours
- Sleep/bedtime routines
- School or education matters
- Child's well-being or general health matters
- Child's online safety
- The relationship you have with your child(ren)
- Home routines and school attendance

Discussions are informal and in a relaxing environment over a cup of tea. There are three meetings once every half term and run between 1pm and 4pm.

**Parentscope East at Samares Pathways:** Tel Gill Speed on 626806

**Parentscope Central at Janvrin Primary School:** Tel Mary O'Neill on 731306

**Parentscope West at St Peter Primary School:** Tel Linda Walters on 481536

[www.jod.je/kb5/jersey/directory/service.page?id=wS6owvNQgy0&adultchannel=0](http://www.jod.je/kb5/jersey/directory/service.page?id=wS6owvNQgy0&adultchannel=0)

## Radar Keys

Access to all disabled toilets is gained with a radar key. Keys are available for hire at the Tourist Information Centre (at Liberation Bus Station), the Town Hall in St Helier and Sand Street Car Park office or Shopmobility. A refundable £5.00 deposit is required.

Please note all public lavatories are maintained by the Department for Infrastructure. Any comments relating to their standard and service should be made directly to them on +44 (0)1534 445509.

## Triple P (Positive Parenting Programme)

This is a programme that offers ideas to help deal with the big and small parenting challenges as part of family life. Triple P does not tell you how to be a parent but offers a range of simple strategies for you to choose the ones that fit your family.

We aim to help parents and carers of children up to 12 years and teenagers up to 18. We also deliver a programme for parents and carers of children with special needs which is known as 'Stepping Stones'.

Stepping Stones Triple P has been developed for parents of children with a developmental disability. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful. Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour

Triple P Positive Parenting helps you:

- raise happy, confident children and teenagers
- manage behaviour in a positive way
- set family rules and routines that everyone follows
- get along better with your children or teenagers
- balance work and family without stress

Our current timetable of events is available online and is frequently updated. If you would like to attend one of these events please email us.

Email [parentingadmin@gov.je](mailto:parentingadmin@gov.je) or call 449152.

[www.gov.je/caring/organisations/pages/parentingsupportservices.aspx](http://www.gov.je/caring/organisations/pages/parentingsupportservices.aspx)

# Community Short Breaks

## Standard Community Short Break

Community Short Breaks are for children or young people with a permanent and substantial disability or health condition that severely impacts on their family's ability to do everyday activities.

A community short break is:

- a good quality, positive activity that a disabled child or young person attends in the community without their primary carer
- a valuable and sometimes necessary break from caring responsibilities for the parents or carer of a disabled child or young person

Community short breaks may include:

- supporting your child to attend a range of social activities (eg clubs, sports activities, swimming, youth club, cinema visits, zoo)
- supporting your child in your own home accessing nursery sessions, after school support and school holiday clubs

Community short breaks do not include:

- overnight residential stays
- childcare for working parents with a disabled child

### Short Break length

The standard offer is three hours per week during term time and six hours per week during school holidays. Families may use the hours flexibly, eg having a longer break every fortnight or using the hours during school holidays.

### Eligibility

Your family is eligible for a community short break if your child has a permanent and substantial disability or health condition that severely impacts on your family's ability to do normal everyday activities

AND

at least three of the following apply:

- your child has no or very limited access to universal services (eg youth club, after school activities, time away from parents with extended family and friends, nursery for younger children) and your child would benefit from a short break

- your child has challenging behaviours that may present risk of harm to themselves, to other people or to the environment
- you are a single parent without extended family support
- you have more than one child with a disability or you have other children under 18 years whose opportunities to enjoy ordinary life are restricted because of the support required for their sibling
- you have a disability or diagnosed health need which affects your ability to care for your child
- your sleep is disturbed regularly due to your child's additional needs

### **Accessing a Community Short Break**

If you meet the eligibility criteria, you can ask any professional working with your child and family to make a referral to the Community Short Breaks Service.

Once your short break is approved, we will send you details of the approved providers that can meet your child's needs. You can speak to providers directly and choose who best meets your family's needs. We can help you if you would like help to choose a provider. The community short breaks can start as soon as your provider can start the service. You will be asked to sign a form to agree the start date which your provider must return to us.

Your short break will be agreed for a six month period. Your provider will review your short break with you after five months using a review form. The provider sends the form to us to check whether the break is still meeting your family's needs. If it is, your short break will continue for another six months (with a review at 11 months).

If your request is not agreed, we may suggest community activities that your child could access or advise you about the Early Help Assessment pathway.

### **Community Short Breaks providers**

Your community short break service will be provided by one of our approved providers:

- Centrepont Trust
- Autism Jersey

### **Cost**

There is no cost for a community short break but you may need to pay for the cost of any activities that your child does (eg going to the cinema or for snacks or meals).

Tel 444817 or email [familyinformation@health.gov.je](mailto:familyinformation@health.gov.je)

[www.gov.je/Health/Children/ChildDevelopment/Pages/CommunityShortBreaks.aspx](http://www.gov.je/Health/Children/ChildDevelopment/Pages/CommunityShortBreaks.aspx)

## Extended Community Short Breaks

Extended Short Breaks are for children or young people with a permanent and substantial disability or health condition that severely impacts on their family's ability to do everyday activities.

Extended Short Breaks are longer than a standard Community Short Break because the needs of the child and family are higher. Extended Short Breaks need a social work assessment.

An extended short break is:

- a good quality, positive activity that a disabled child or young person attends in the community without their primary carer
- a valuable and sometimes necessary break from caring responsibilities for the parents or carer of a disabled child or young person

An extended short break may include:

- supporting your child to attend a range of social activities (eg clubs, sports activities, swimming, youth club, cinema visits, zoo)
- supporting your child in your own home
- accessing nursery sessions, after school support and school holiday clubs
- overnight support

### **Length of an Extended Short Break**

This will depend on the needs of your child but is more than the standard Community Short Break of 195 hours per year. It may include overnight support.

### **Accessing an Extended Short Break**

If your family needs a higher level of support (eg more hours per week or a residential overnight stay) then a social worker will assess your child and family's needs in order to decide how best to help. The professional who is working with your family will make the referral for the social work assessment. An independent panel will decide whether to support the social worker's recommendations. If they do, your social worker will work with you to plan the next steps.

If your request is not agreed, we will explain why and help you find other services who may be able to better meet your child and family's needs.

### **Extended Short Breaks providers**

Your extended short break service will be provided by one of our approved providers:

- Centrepoin Trust
- Autism Jersey



Your child could also use one of our residential centres which are Oakwell or Eden House.

## **Cost**

There is no cost for an extended short break but you may need to pay for the cost of any activities that your child does (eg going to the cinema or for snacks or meals).

[www.gov.je/Health/Children/ChildDevelopment/Pages/ExtendedShortBreaks.aspx](http://www.gov.je/Health/Children/ChildDevelopment/Pages/ExtendedShortBreaks.aspx)

## **Autism Jersey**

Autism Jersey offer short break services specifically to people with autism and associated complex needs. All staff are specifically trained to support people with autism.

The basis of our service is personalisation. Our service is innovative and individualised, flexible and adaptable. We ask the person with autism and their family and carers:

‘What do you need and how would you like us to deliver this?’

We then work to deliver a bespoke package around the needs and requirements of that family or individual. This usually takes place as informal home and community based solutions.

We also offer school holiday play schemes.

Tel: 871888 or email: [n.buckley@autismjersey.org](mailto:n.buckley@autismjersey.org)

[www.autismjersey.org](http://www.autismjersey.org)

## **Centre Point Trust**

### **What Centre Point can offer?**

**Le Hurel nursery:** Full time nursery care for ages 2 to 5 and you can pay by the hour.

### **Play Care:**

Breakfast club: opens at 7.00am, where the children can have breakfast, play games, watch films in the cinema room or chill out with their friends before we take them to school in our mini buses.

After school care: we will collect your child from school and bring them back to our site where they can play and have fun. We have lots of activities for them to do such as art & craft, construction games, role play, dance and music and we have lots of outdoor space.

School holidays: we offer 2 different services during the school holidays. Your child can come 7.30am till 2.30pm or 7.30 to 6pm. We offer various activities on site and off site. We offer the children trips on a daily basis to various sites around the island.

Our building is designed so that we have wheel chair access along with disabled toilets. Centre Point Trust is based at La Pouquelaye, for more information please contact:

Jane Moy or Rob Crawford  
Centre Point Trust  
Practice Manager  
Tel: 01534 735151 (Option 1)  
Email: [rob.crawford@cpt.je](mailto:rob.crawford@cpt.je)

[www.centrepointrust.co.uk](http://www.centrepointrust.co.uk)

## Eden House

Eden House is a short break home specialising in personalised short breaks for children and young people up to 18 on the autism spectrum and / or who have associated developmental complex needs.

Eden House is a semi-detached house within a quiet cul-de-sac in St Clement. It is accessible by the local bus route and is a short walk from the beach. It has two bedrooms upstairs and a third bedroom in the attached Eden flat. The home has a low arousal environment, a sensory room and a spacious safe garden. Eden House is accredited with the National Autistic Society.

Eden House provides a range of planned short breaks, from a few hours to a few days and occasionally longer, depending on the assessed needs of the child and their family.

Services at Eden include:

- Outreach sessions – providing educational or leisure activities for children and young people within universal local services accessed by all children
- Day care sessions – within Eden House, the home of the child with additional needs or elsewhere
- Overnight stays within Eden House or elsewhere.

We aim to provide targeted support to improve outcomes for all children and young people during their time at Eden House. Support may focus on learning independence skills, enhancing communication and socialisation skills, supporting with sleep issues, understanding sensory needs and coping with anxiety. But most of all to have fun!

### Referrals

Referrals are made following an assessment by a social worker from the Complex Needs Team.

Contact the Short Breaks Service Lead for more information on 445122 or email [j.cowen@health.gov.je](mailto:j.cowen@health.gov.je)

[www.gov.je/Health/Children/ChildDevelopment/Pages/Eden.aspx](http://www.gov.je/Health/Children/ChildDevelopment/Pages/Eden.aspx)

## Oakwell

Oakwell is a short break home specialising in personalised short breaks for children and young people up to the age of 18 with a range of additional needs including intellectual disability, physical disability, sensory impairments or life limiting conditions.

Oakwell is a five bedroom bungalow within a quiet estate in St Brelade. It has a fully equipped interactive sensory room, a hydrotherapy pool with light & sound system and interactive communication systems for children to include eye gaze technology. There is a large open plan lounge / diner with direct access to the bedrooms and to the large sensory garden. There is equipment available to support children with their mobility requirements, eg tracking hoist systems, wet rooms, height adjustable baths and wheelchair accessible vehicles.

Oakwell provides a range of planned short breaks, from a few hours to a few days and occasionally longer, depending on the assessed needs of the child and their family.

Services at Oakwell include:

- Outreach sessions - providing educational or leisure activities for children and young people within universal local services accessed by all children
- Day care sessions – within Oakwell, the child's home or elsewhere
- Overnight stays within Oakwell or elsewhere

We aim to provide targeted support to improve outcomes for all children and young people during their time at Oakwell. Support may focus on learning independence skills, enhancing communication or exploring sensory needs within a specialist multi-sensory environment. But most of all to have fun!

### Referrals

Referrals are made following an assessment by a social worker from the Complex Needs Team.

Parents are able to access Oakwell's Hydrotherapy pool where are appropriate. Contact the Short Breaks Service Lead for more information on 445122 or email [j.cowen@health.gov.je](mailto:j.cowen@health.gov.je)

[www.gov.je/health/children/childdevelopment/pages/oakwell.aspx](http://www.gov.je/health/children/childdevelopment/pages/oakwell.aspx)

## Finance

### Education: Disabled Student Allowance

Students who are eligible for a student grant from the States of Jersey at undergraduate or postgraduate level, who incur additional costs as a result of a physical disability or specific learning difficulty, are eligible to apply for the Disabled Student Allowance (DSA).

Tel: 449450 or email [studentfinance@gov.je](mailto:studentfinance@gov.je)

[www.gov.je/Working/Careers/16To19YearOlds/EnteringHigherEducation/FinancingHigherEducationCourses/FundingDegreeProfessionalQualifications/Pages/DisabledStudentAllowance.aspx](http://www.gov.je/Working/Careers/16To19YearOlds/EnteringHigherEducation/FinancingHigherEducationCourses/FundingDegreeProfessionalQualifications/Pages/DisabledStudentAllowance.aspx)

### Social Security: Income Support

Income Support is Jersey's benefit for low income households.

You can apply for Income Support if you:

- are on a low household income
- pass the Income Support residence test
- are working, looking for work or exempt from looking for work

Income Support is normally paid to an entire household, but young adults who have a severe illness or disability may be able to have their own Income Support claim which is separate from their parents.

If your household doesn't qualify for Income Support but has a child with a very high level of illness or disability, you can apply for a separate [Child Personal Care benefit](#).

Tel: 445505 or email [socialsecurity@gov.je](mailto:socialsecurity@gov.je)

[www.gov.je/Benefits/IncomeSupport/Pages/About.aspx](http://www.gov.je/Benefits/IncomeSupport/Pages/About.aspx)

### Social Security: Child Personal Care benefit

Child Personal Care benefit is a non-means tested benefit so you don't need to qualify for Income Support to receive it. You don't need to apply if you're already receiving a Personal Care component for your child through Income Support.

The requirements for the Child Personal Care benefit are:

- your child must need a very high level of help with their personal care when compared to other children of the same age

- one adult in the household must pass the Income Support residence test
- the child's condition must be expected to last at least six months (either before or after the claim is made), but the benefit may be available to children who are terminally ill
- your child must meet the requirements for level two or three of the Personal Care component

The benefit can be awarded for physical, sensory, emotional and cognitive conditions. A child is defined as being under compulsory school leaving age.

### **Personal Care component levels**

A child who needs a high level of personal care will always need a lot of help from an adult with activities that a child of the same age would normally manage on their own, or with only a small amount of help.

There are three levels of Personal Care. Children who meet level one aren't eligible for Personal Care benefit, although you may qualify for additional help if you already get Income Support.

#### **Level one**

Children with an impairment that affects some aspects of daily life, but who don't need a high level of help. For example, a child with epilepsy who needs help with medication, or a child with asthma who needs assistance to carry out some everyday tasks.

#### **Level two**

Children with a high level of impairment who need help with a wide range of their daily activities. For example, a child with learning difficulties who needs a lot of help with getting around and remaining safe, or a child with physical disabilities who needs a lot of help walking, getting dressed, toileting and washing.

#### **Level three**

Children with a severe level of impairment who need a high amount of help with everyday tasks, eg paralysis or very significant learning disabilities. Someone qualifying at this level will require a high level of care throughout the day and night.

Tel: 445505 or email [s.impairment@gov.je](mailto:s.impairment@gov.je)

[www.gov.je/Benefits/SicknessInjury/Pages/ChildPersonalCareBenefit.aspx](http://www.gov.je/Benefits/SicknessInjury/Pages/ChildPersonalCareBenefit.aspx)

## **Social Security: Home Carer's Allowance**

### **Extra help for carers**

If you're caring for a child who meets level three of the Personal Care component, you may be able to claim the Home Carer's Allowance benefit.

Home Carer's Allowance is for carers of working age who spend 35 hours (or more) per week caring for someone who requires a very high level of personal care.

The allowance is designed for carers who can't work full time or who have to substantially reduce their working week because of their caring commitments.

Social Security advisors are available to help.

Tel: 445505 or email [socialsecurity@gov.je](mailto:socialsecurity@gov.je)

[www.gov.je/Benefits/Allowances/Pages/HomeCarersAllowance.aspx](http://www.gov.je/Benefits/Allowances/Pages/HomeCarersAllowance.aspx)

## Tax relief for childcare

Your tax return includes a section for claiming childcare tax relief.

You must be making payments to a **registered** child care provider for looking after your child if they are aged 12 or under.

Child care providers include:

- family child carers
- day nurseries, including states-provided nursery schools
- accredited nannies

As evidence of the payments made, you will need to get a certificate from the person or establishment concerned for each child in care. When you send in your completed tax return, enclose the completed certificate(s).

### **Checking if your childcare provider is registered**

Any person or setting that looks after your child and provides a professional service must be registered under the Day Care of Children (Jersey) Law 2002.

Nannies are accredited by the Jersey Child Care Trust.

You can find the full list of childcare providers on the Jersey Child Care Trust website.

[www.jcct.org.je/looking-for-childcare/find-childcare-providers/](http://www.jcct.org.je/looking-for-childcare/find-childcare-providers/)

## Legal Issues

### Citizens Advice Bureau

Citizens Advice Jersey is a charity that provides free, confidential and impartial advice on a range of issues including law, health and care services, money and property.

Our advice service is available from Monday to Friday 10am to 3pm by visiting our offices at St Paul's Centre, New Street, St Helier. You can also call 0800 7350249, email [advice@cab.org.je](mailto:advice@cab.org.je) or visit our website at [www.cab.org.je](http://www.cab.org.je)

### Discrimination

The Discrimination (Disability) (Jersey) Regulations 2018 inserted the protected characteristic of disability into the Discrimination (Jersey) Law 2013. This means that the law now protects disabled people so that nobody should be discriminated against or treated unfavourably because of their disability. Organisations must now make reasonable adjustments to make sure that disabled people can use their services.

A practical guide to disability discrimination is available from Jersey Citizens Advice.

[www.cab.org.je/images/M\\_images/Disability1.pdf](http://www.cab.org.je/images/M_images/Disability1.pdf)

## Becoming an Adult

### Jersey Employment Trust

Our primary role is to assist people with a disability to prepare, find and maintain employment here in Jersey. On our website you can find out more about our education and employment support services.

We also have a retail area and horticulture department, both based at our Acorn site in Trinity. Here you can also view our plant sales area.

Tel 788900 or email [admin@jet.co.je](mailto:admin@jet.co.je)

[www.jet.co.je/](http://www.jet.co.je/)

### Jersey Mencap

Jersey Mencap are a well-established charity who maintain number of projects offering more opportunities and support to adults with a learning disability. Taking Part Making Art runs 6 tutored art sessions per week and the buzzing social club has a year round calendar of activities including Zumba, forest school, cinema, meals out and regular dinner discos. The Self Advocacy Project support people to say what they want and will offer independent, confidential and free advice.

Tel 866622

[www.jerseymencap.org](http://www.jerseymencap.org)

[www.facebook.com/jersey.mencap/](http://www.facebook.com/jersey.mencap/)



### Preparing for Adulthood Pathway

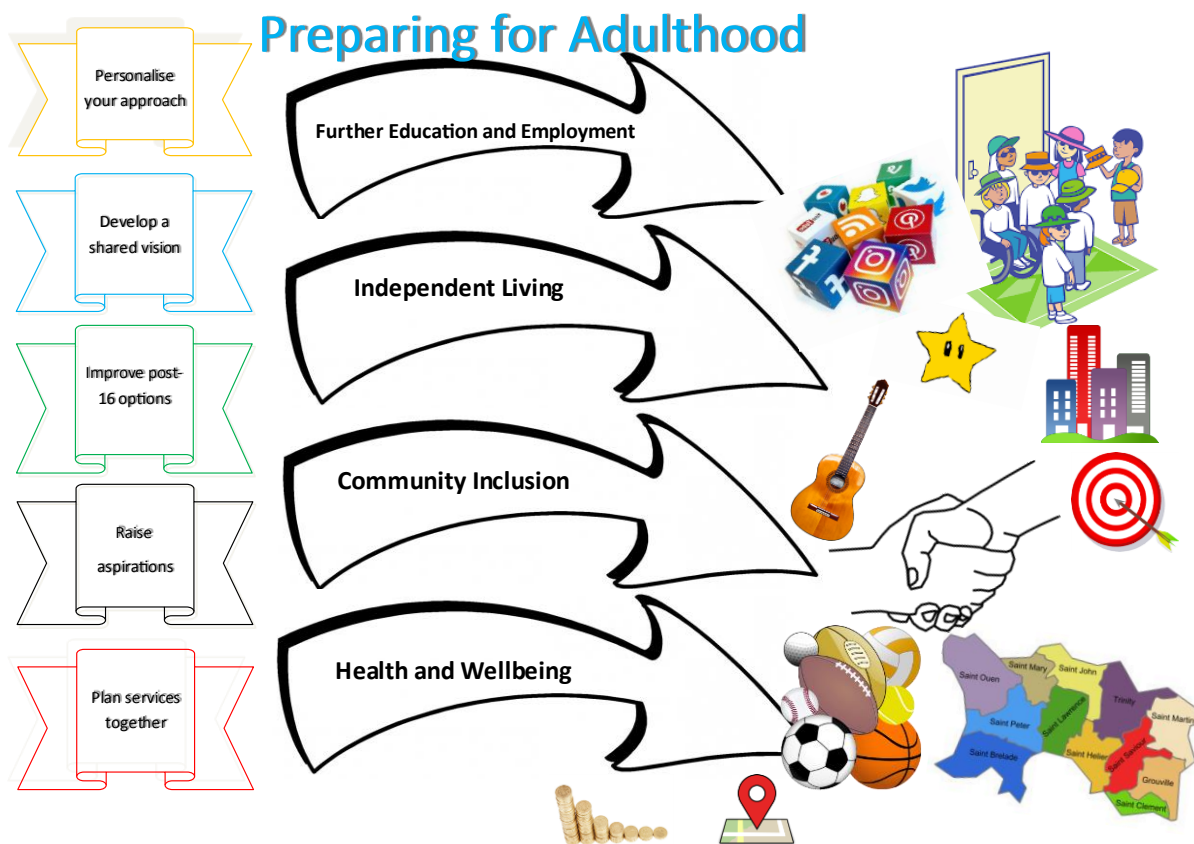
Preparing for adulthood can be an exciting time for young people, full of new opportunities. However, it can also be a worrying time as young people move on from familiar people and places and face new challenges. For young people with disabilities and special educational needs and their families, this period can be even more daunting.



Young people with disabilities and special educational needs who require multi-agency support and who are either attending Mont a L'Abbe School, have the support of a Family Care Coordinator from the Child Development and Therapy Centre or have an allocated Social Worker will be supported by the Preparing for Adulthood Pathway from School Year 9 and extending up to 25 years for those who require it. The purpose of the pathway is to ensure the young person's goals and dreams for education and employment, health and wellbeing, community participation and independent living inform co-ordinated multi-agency planning from the start.

For further information, please contact the Family Information Co-ordinator.

Tel: 444817 or email [familyinformation@health.gov.je](mailto:familyinformation@health.gov.je)



## Skills Jersey

Skills Jersey offers a wide range of services including:

- confidential and impartial careers guidance
- links between schools, colleges, universities, industry and other education training providers
- mentoring
- apprenticeships
- work placements
- work shadowing schemes

The Skills Jersey coaching service aims to motivate young people to engage with their learning using information and experiences of industry through work insights together with coaching and mentoring. This allows young people to identify any barriers to them achieving their goals and how to overcome these at an early stage.

Tel: 449440 or email [skillsjersey@gov.je](mailto:skillsjersey@gov.je)

[www.gov.je/skillsjersey](http://www.gov.je/skillsjersey)

## Comments, Compliments and Complaints Procedure

The States of Jersey is committed to providing an excellent service to all our customers and we welcome all types of feedback.

If you're not happy with the service you have received from us or if something goes wrong, we want to hear from you so that we can address your concerns and make our services better in the future. We follow a three stage complaints process. If you are still unhappy, your complaint can be reviewed independently by the States of Jersey Complaints Board.

Equally, we want to hear about excellent service you have received so that we can keep doing things well and recognise individual colleagues.

You can use an online form to give us feedback about any States of Jersey department, service or policy.

If you prefer to phone or you want to write to a specific department you can find the contact information under each department homepage on [www.gov.je](http://www.gov.je).

Feedback for available at <https://www.gov.je/government/comments/Pages/index.aspx>

# Index

- AIM Performing Arts, 15
- Air Travel, 50
- Amaizin Adventure Park, 5
- Archers of Jersey, 5
- Art for Young People, 6
- Autism Jersey, 21, 35, 65
- Autism-friendly Jersey, 54
- AvanchiAccess card, 51
- Baby Steps, 30
- Barnardo's, 22
- BeachAbility, 6
- Becoming an Adult, 72
- Beresford Street Kitchen, 34
- Best Start Partnership, 37
- Brighter Futures, 23
- Cafés, 34
- CAMHS, 43
- Car Parking, 52
- Caring Cooks, 6
- CEA Card, 54
- Centre Point Trust, 35, 65
- Changing Places. See Toilet Facilities
- Channel Islands Co-operative Society, 55
- Child Development Centre, 43
- Child Personal Care benefit, 68
- Childcare, 37
- Children's Palliative Care Pathway, 44
- Cineworld Jersey, 7
- Coaches, 51
- Code of Practice for Special Educational Needs, 37
- Comments, Compliments, 75
- Community Short Breaks, 62
- Complaints, 75
- Complex Needs Social Work Team, 44
- Connect Card, 55
- Co-op Hidden Disabilities Sunflower Scheme, 55
- Co-Op Quiet Hour, 55
- Disabled Children's Register, 56
- Disabled Student Allowance, 68
- Discrimination, 71
- Downs Syndrome Jersey Group, 23
- Early Help, 3
- Early Years Inclusion Team, 37
- Early Years Special Needs Coordinators, 38
- EarlyBird Programme, 46
- Earsay, 24
- East Riding Stables, 7
- Eden House, 66
- Education, 37
- Education Psychology Telephone Consultation Line, 38
- Elizabeth Castle, 7
- Enable Jersey, 24
- Enable Jersey Car Hire, 52
- ERIC, 24
- EYECAN, 25
- Family Care Coordinators, 46
- Family First, 25
- Family Nursing and Home Care, 56
- Farm School Jersey, 8
- Finance, 68
- Fort Regent Leisure Centre, 8
- Girlguiding Jersey, 8
- Gorey Castle. See Mont Orgueil Castle
- Hamptonne Country Life Museum, 9
- Head Gardeners, 25
- Headway, 26
- Healing Waves, 9
- Health and Community Services, 43
- Hearing Loops, 56
- Helping Wings, 9
- Holiday Clubs, 35
- Home Carer's Allowance, 69
- Income Support, 68
- Information and Advice, 54
- Jersey Art Centre, 10
- Jersey Association of Child Carers, 39
- Jersey Child Care Trust, 26, 39, 41, 70
- Jersey Citizens Advice Bureau, 71
- Jersey Disabled Travel, 34
- Jersey Eating Disorders Support, 26
- Jersey Employment Trust, 72
- Jersey Frame Football, 10
- Jersey Hospice, 26
- Jersey Library, 10

Jersey Mencap, 72  
 Jersey Museum, 10  
 Jersey Online Directory, 58  
 Jersey Opera House, 11  
 Jersey Premium, 39  
 Jersey Recovery College, 27  
 Jersey Scout Association, 11  
 Jersey Special Gymnastics, 11  
 Jersey Sport, 11  
 Jersey Sports Association for the Disabled, 12  
 Jersey Table Tennis Association, 12  
 Jersey Talking Therapies, 27  
 Jersey War Tunnels, 12  
 Jersey Zoo, 13  
 Jersey's Children First, 3  
 Jodie Lee Performing Arts Academy, 13  
 Keeping Children In Mind programme, 59  
 La Hougue Bie, 13  
 Legal Issues, 71  
 Les Ormes, 13  
 Les Ormes Brasserie, 34  
 Les Quennevais Sports Centre, 14  
 Letting The Future In, 30  
 Liberty Bus, 50  
 Little Monkeys Gymnastics, 14  
 Love Jersey, 58  
 Maritime Museum, 15  
 Mavericks Performing Arts Group, 15  
 Max Card, 58  
 MESCH, 56  
 Messy Centre Philadelphie, 15  
 Mind Jersey, 28  
 Mont a l'Abbe, 36  
 Mont Orgueil Castle, 16  
 Motion Studio, 16  
 My Time for Young Carers. See Youth Service: My Time for Young Carers  
 My Voice, 58  
 NSPCC Jersey, 29  
 Oakwell, 67  
 Occupation Tapestry, 15  
 Occupational Therapy, 47  
 Pallot Steam, Motor & General Museum, 16  
 Parent Carer Forum, 59  
 Parenting Support Services, 59  
 Parentscope, 60  
 Physiotherapy, 47  
 Portage, 39  
 Positive Behaviour Support Team, 48  
 Preparing for Adulthood Pathway, 72  
 Pre-School Forum, 40  
 Radar Keys, 60  
 Reg's Garden, 17  
 Regent Gymnastics, 16  
 Registered child care provider, 70  
 Resilience Matters, 30  
 Restaurants, 34  
 Riding for the Disabled, 17  
 Samaritans, 31  
 Sea Fishing, 17  
 Sea Travel, 50  
 Shopmobility, 52  
 Short Breaks. See Community Short Breaks  
 Skills Jersey, 73  
 Social Security, 68  
 Speak Out and Stay Safe, 30  
 Special Needs Inclusion Project, 26, 41  
 Specialist Schools, 40  
 Speech and Language Therapy, 48  
 St John Ambulance, 18  
 St Johns Ambulance Carers Support Course, 31  
 Stepping Stones Triple P, 61  
 Swim Easy Jersey, 18  
 Tamba Park, 18  
 Tax relief for childcare, 70  
 Taxis, 51  
 Team Around the Child, 49  
 The Barberette Van, 54  
 The Bridge, 23, 32, 59  
 Toilet Facilities, 55  
 Tots and Toys Group, 18  
 Travel, 50  
 Triple P, 60  
 Triumph Over Phobia, 32  
 United Voices, 30  
 Universal Services, 4  
 Wetwheels Jersey, 18  
 Woodlands Farm, 19  
 Young Carers. See Youth Service: My Time for Young Carers  
 Youth Enquiry Service, 33  
 Youth Service, 19

Youth Service Inclusion Project, 19

Youth Service: My Time for Young Carers, 32

Youth Service: Youth Arts Jersey, 20