

Fun Activities and Short Breaks Catalogue

For Children and Young People with Disabilities
and Special Educational Needs (SEND)

This directory lists in detail fun activities and short breaks currently available to children and young people aged 0 - 17 in Leeds. The directory is accompanied by a guide, which explains more about the different LCC Commissioned Fun Activities and Short Breaks available and how to access them.

Contact: Short.Breaks.Coordinator@leeds.gov.uk



Universal services

Services for everyone including children and young people with additional needs

Here is a list of services for all children and young people, including those with additional needs.

Please see the [Family Information Service](https://familyinformation.leeds.gov.uk) website for further services and information on childcare such as playschemes, children's centres and pre-schools.

The Leeds Local Offer leedslocaloffer.org.uk brings together information about all the services available in the city for children and young people aged 0-25 who have special educational needs and disabilities (SEND), including short breaks provision. Email feedback sent to llo@leeds.gov.uk about the offer, along with the response, will be published, at least annually.

Age	0-5 years	Primary Age	Secondary Age+
Services	- Family Information Service https://familyinformation.leeds.gov.uk - Children's Centres - Private Nurseries, pre-schools, child minders - Third sector voluntary and faith groups - Health Services https://leedscommunityhealthcare.nhs.uk/our-services-a-z/0-to-19-public-health-integrated-nursing-service-0-to-19-phins/	School or extended services activities e.g., out of school clubs, playschemes. To find out more visit: https://familyinformation.leeds.gov.uk Uniformed groups, e.g., Brownies, Cubs, Scouts, Guides, etc: https://www.scouts.org.uk/ https://www.girlguiding.org.uk/ Leisure or sports centres classes. To find out more visit: https://active.leeds.gov.uk/home-(2) Arts activities - theatre, dance, music. To find out more visit: https://www.leeds.gov.uk/leisure www.breezeleeds.org	As primary age and also, youth services - details available on the Breeze website. For more details: https://breezeleeds.org/

Targeted Services

Activities and Short Breaks that meet specific needs

All Targeted Services can be accessed by completing the Targeted Short Breaks Expression of Interest Form - [leeds.gov.uk](https://forms.leeds.gov.uk/TargetedShortBreaks/)

<https://forms.leeds.gov.uk/TargetedShortBreaks/>

***Please note that services are for Children and Young People with SEND until their 18th birthday.**

Principles of Intimate Care and Personal Care

- Every young person has the right to be safe.
- Every young person has the right to personal privacy.
- Every young person has the right to be valued as an individual.
- Every young person has the right to be treated with dignity and respect.

'Intimate Care' can be defined as care tasks of an intimate nature, associated with bodily functions, bodily products, and personal hygiene, which demand direct or indirect contact with, or exposure of, the sexual parts of the body. Help may also be required with changing colostomy or ileostomy bags, managing catheters, stomas, or other appliances. ***The Intimate care tasks specifically identified as relevant include dressing and undressing (underwear); helping someone use the toilet; changing continence pads (faeces/urine); changing sanitary wear.***

'Personal Care' generally carries more positive perceptions than intimate care. Although it may often involve touching another person, the nature of this touching is more socially acceptable, as it is less intimate and usually has the function of helping with personal presentation and hence is regarded as social functioning. These tasks do not invade conventional personal, private, or social space to the same extent as intimate care and are certainly more valued as they can lead to positive social outcomes for people. Personal care encompasses those areas of physical and medical care that most people carry out for themselves but which some are unable to do because of disability or medical need. ***Those personal care tasks specifically identified as relevant here include: skin care/applying external medication; feeding; hair care; dressing and undressing (clothing); washing non-intimate body parts; prompting/guidance to go to the toilet.***

	Personal Care available	Intimate Care available
Weekend Providers	• Endorphins	• Leeds Weekend Care Association
After School Providers	• BID • Sunshine and Smiles	• Leeds Mencap • Leeds Weekend Care Association
Holiday Providers	• BID • Sunshine and Smiles	• Leeds Mencap • ASAS

Activity Information

Service provider	Target group	What the service offers	Cost	Session Time(s)	Referral route/access
ASAS (Aireborough Supported Activities Scheme) jo.galasso@aireborough-scheme.co.uk www.aireborough-scheme.co.uk *Commissioned by LCC	Ages 5 - 17 Offered to children and young people in the Aireborough area of Leeds only (LS5, 16, 18, 19, 20 & 21).	Play Scheme Playscheme at Green Meadows Academy, Back Lane, Guiseley. Saturday 31st October 2026 (Halloween Themed) Saturday 5 December 2026 (Christmas Themed)	£20.00 day	School holidays only 10.00am - 3.00pm	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk
ASAS (Aireborough Supported Activities Scheme) jo.galasso@aireborough-scheme.co.uk www.aireborough-scheme.co.uk *Commissioned by LCC	Ages 8 – 17 Open to children city-wide	Activity Days Activity days based at Lineham Farm. We offer one to one support, where necessary; and organise a programme of outdoor activities; which may include climbing, adapted bikes, animal care or environmental activities, use of the games room and sensory caravan. Monday 15 February 2027 Tuesday 16 February 2027 Wednesday 17 February 2027	£25.00 day	School holidays only 9.45am - 3.15pm	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk
BID leedsinfo@bid.org.uk *Commissioned by LCC	Ages 8 - 17 For deaf, hard of hearing or visually impaired	Fortnightly 14+ Group Youth group for young people aged 14-17 with a visual impairment. Weekly Youth Club The Youth Club is to meet friends, learn and gain skills include BSL, different activities to attend for young	£4.00 per session	Fortnightly Tuesday <i>(Term time only)</i> 6pm – 8pm Monday evening <i>(Term time only)</i>	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk

	young people.	people in Leeds. The Youth club is open for deaf, hard of hearing and visual impaired children. Monthly group Monthly Art and crafts group with a HI/VI impairment (every 2nd Friday of the month) Parent/Carer Support Group Monthly Parent/Carer Support group via Zoom (last Friday of the month).		6pm - 8pm Monthly Friday 6.30pm - 8pm Monthly Friday 7pm – 8pm	
Endorphins www.endorphins.uk *Commissioned by LCC	Ages 8 – 17 City-wide	Activity group A wide range of gaming experiences in a safe and supportive setting.	£10.00 per session	Saturday	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk
Leeds Mencap The Vinery Centre, 20 Vinery Terrace, East End Park, Leeds, LS9 9LU activities@leedsmencap.org.uk www.leedsmencap.org.uk/what-we-offer/groups-and-activities/playschemes/ *Commissioned by LCC	Ages 4 – 17 City-wide	Playschemes Holiday activity schemes for children and young people aged 4 – 18 (up to 18th birthday) with learning disabilities, autism and other complex needs across three specific age groups. The children and young people will do a range of different activities such as baking, arts and crafts, messy & sensory play. Themed days such as People who help us, Outer Space, or Superheroes, seasonal activities for Easter/Summer. Previous workshops have included visits from the animals, music sessions, circus skills and sensory discos. A packed lunch is required. <u>4-8 age group (2026-27)</u> 29th & 30th October 2026	£20.00 per day	School holidays only 10am - 3pm	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk www.leedsmencap.org.uk

		21 st & 22 nd December 2026 18 th & 19 th February 2027 <u>9-12 age group (2026-27)</u> 27 th & 28 th October 2026 29 th December 2026 16 th & 17 th February 2027 <u>13-17 age group (2026-27)</u> 26 th October 2026 30 th December 2026 15 th February 2027			
Leeds Mencap The Vinery Centre, 20 Vinery Terrace, East End Park, Leeds, LS9 9LU activities@leedsmencap.org.uk www.leedsmencap.org.uk *Commissioned by LCC	Ages 9 - 13 Ages 14 - 17 City-wide	Tuesday Youth Clubs Our Youth Clubs offers children and young people aged 9-17 with a learning disability, autism and other complex needs a chance to meet new friends, to get involved in a variety of activities, and to have fun in an environment that is both welcoming and safe. 9-13: The focus of the club is to build communication skills, build confidence, support social skills and self-management of behaviour. These skills help young people engage well at school, make friends and support them as they grow and go from being children to teenagers. At the start of each half term club members plan the activities for the coming weeks. Past activities at the club include adapted bike sessions, sports days, baking, sensory stories, pizza making, planting seeds and messy play. 14-17 (up to their 18 th Birthday): The focus of the club is to develop skills, build confidence, support social skills and understanding relationships and help to support the transition to adulthood. These skills help young people engage well at school and prepare for the next steps beyond school.	£6.00 per week (Payable half termly in advance)	Tuesday <i>(Term time only)</i> 6pm - 8pm	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk www.leedsmencap.org.uk

		At the start of each half term club members plan the activities for the coming weeks. Club members can choose from a quiet room (usually the Sensory Room) and a livelier room. Past activities have included Mad-Hatter's tea party, comic book-making sessions, cycling, pool and table tennis tournaments, biscuit and cake-making sessions, dancing, video gaming and movie-watching.			
LWCA (Leeds Weekend Care Association) The Vinery Centre, 20 Vinery Terrace, East End Park, Leeds, LS9 9LU office@lwca.co.uk www.lwca.co.uk *Commissioned by LCC	Ages 5 - 13 City-wide	Weekenders Club Saturday play scheme for children and young people with learning disabilities/additional needs. We operate from The Vinery Centre, Leeds 9. Children and young people who attend Weekenders Club can access the club once every four weeks for 3 hours. We offer a range of fun activities including a bouncy castle, a ball pool, adapted bikes and sensory equipment. We also provide activities such as baking, arts and crafts and sports activities.	£12.00 per session	Saturday 9.30am - 12.30pm or 1.30pm - 4.30pm	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk
LWCA (Leeds Weekend Care Association) The Vinery Centre, 20 Vinery Terrace, East End Park, Leeds, LS9 9LU office@lwca.co.uk www.lwca.co.uk *Commissioned by LCC	Ages 14 - 17 City-wide	Teen Scene Saturday play scheme for children and young people with learning disabilities/additional needs. We operate from The Vinery Centre, Leeds 9. The young people who attend Teen Scene can access the club once every four weeks for 3 hours. We offer a range of fun activities including a bouncy castle, a ball pool, adapted bikes and sensory equipment. We also provide activities such as baking, arts and crafts and sports activities.	£12.00 per session	Saturday 9.30am - 12.30pm or 1.30pm - 4.30pm	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk
LWCA (Leeds Weekend Care Association)	Ages 14 – 17 City-wide	Out & About Project Teenage outings in small groups in the local community; activities such as bowling, eating out,	Varies, based on activity	Variable, depending on activity.	office@lwca.co.uk

office@lwca.co.uk www.lwca.co.uk *Non-commissioned service		theatre, theme parks, trampolining, snooker nights & youth club nights. Monday-Friday with occasional Sunday activity. In the school holidays we offer some full day activities and some evening activities.		Evenings/after school, school holidays	
MK Care Services admin@mkcareservices.co.uk *Commissioned by LCC	Ages 14 – 17 City-wide	My Leeds, My Way A community activities programme for young people aged 14–17 with SEND, across Leeds. Giving young people the opportunity to participate in enjoyable, age respectful outings across Leeds, shaped around what each young person likes, wants to try and hopes to become more confident doing. Every young person is different. The programme deliberately blends active, social and creative outings so that there is something each young person can look forward to, and so that families can see how one balanced programme meets a wide range of needs and personalities. Real teenage experiences: bowling, cinema, eating out, accessible sport, theatre, pool, city exploration and seasonal events.		Variable, depending on activity. Weekends & school holidays	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk
Sunshine and Smiles (Leeds Down Syndrome Network) hello@sunshineandsmiles.org.uk sunshineandsmiles.org.uk *Cricket & Football sessions commissioned by LCC	Ages 2 – 17 City-wide	Sunshine and Smiles is a specific support network for children and young people who have Down syndrome. They offer a varied programme of activities. Fortnightly music and creative groups. Sunbeams (ages 2 - 8) Smilers (ages 8 - 18) Saturdays 10.30am - 12.30pm Fortnightly cricket sessions	Suggested donation £5	Fortnightly sessions	Targeted Short Breaks Expression of Interest Form - leeds.gov.uk hello@sunshineandsmiles.org.uk

		Sunshine CC (ages 11 - 25) Wednesdays 6.30pm - 7.30pm Fortnightly football sessions Sunshine FC (ages 5 - 19) Sundays 10am - 11am Fortnightly karaoke sessions Sunshine Stars (ages 10+) Thursdays 7pm - 8pm Fortnightly online yoga sessions - with Poplar Yoga (ages 11+) Tuesdays 7.30pm - 8.30pm Fortnightly swimming sessions (all ages) Saturdays 3.15pm - 4.15pm & 4.15pm - 5.15pm. Regular youth group outings - bowling, trampolining, discos and more (ages 11+) Various dates and times Fortnightly sibling support groups (age 8+) Wednesdays 6.30pm - 8pm			
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Short Breaks Services for children and young people with very complex needs (“specialist” services)

All specialist services can be accessed via the referral routes mentioned below.

Service	Target group	Referral route/access	What the service offers
Rainbow House	Age range: 10 - 17	Referral to RADAR panel by a Social Worker having identified need through a Child and Family assessment.	Planned overnight short breaks.
Individual Support Workers (ISW's)	Age range: 0 – 17	Referral to RADAR panel by a Social Worker having identified need through a Child and Family assessment.	Individually tailored packages of support.
Children's Disability and Fostering Team Leeds City Council	Age range: 0 – 17	Referral to RADAR panel by a Social Worker having identified need through a Child and Family assessment.	Short breaks for children in the homes of trained and approved carer families.
Health Short Breaks	CYP with complex health needs. Age range: 0 – 18	Referral by a professional having identified a need through a Child and Family assessment or Early Help and nursing assessment.	Short breaks for children and young people with complex health needs.
Children's Continuing Healthcare	CYP with complex health needs. Age range: 0 – 18	Referral by a professional having identified a need through a Child and Family assessment or Early Help and nursing assessment.	High dependency intensive home-based nursing provision.
Hannah House seniorstaffnurses.hannahhouse@nhs.net	CYP with complex health needs. Age range: 0 – 18	Referral by a professional having identified a need through a Child and Family assessment or Early Help and nursing assessment.	Planned overnight short breaks.
Martin House admin@martinhouse.org.uk	CYP with complex health needs. Age range: 0 – 18	Direct referral to Martin House.	Individually tailored packages of support.