

# Breakaways weekends away



## When does it run?

Our Breakaways weekends away typically take place from Friday late afternoon to Sunday late afternoon. We provide one weekend away per month.

## Where does it take place?

Pick up and drop off is at our premises at 8 Stanley Park Road, Wallington SM6 0EU. We use different venues typically in Surrey or the South coast. Whilst away, we take part in a range of different community-based activities.

## Who is the service for?

The service is for adults with a learning disability aged 18 or over who live with family members. The service aims to provide both an enjoyable time for the people who attend and a break from caring responsibilities for family members.

People who attend the weekends away will normally be members of our other Breakaways groups. This helps us get to know them so we feel confident in supporting them on a weekend away.

The service is aimed at people who have lower support needs and are able to sleep independently without staff support or supervision during the night. We are therefore not able to take people with high support needs, behavioural concerns or personal care needs. We will work with families to assess whether the service is appropriate for each person.

People who attend the service are normally residents of the London Borough of Sutton.

## How is the service organised?

The service is group-based, with typically 10 service users attending.

## Who provides the service?

Each weekend away is typically supported a team made up of 1 service co-ordinator and 3 support staff. All our staff are experienced in working with people with a learning disability and have taken part in our extensive training programme.

## How can I join the service?

People will need to be members of our other Breakaways services and will need to be assessed by us as being suitable to participate in a weekend away.

People can self-refer or be referred by their local authority. You will need to have a package of care in place which will fund your place on the service. This typically will be in the form of a Direct Payment or an arrangement where your local authority purchases the service from us on your behalf.

## Is there a waiting list?

All our Breakaways services are very popular and we usually operate a waiting list. For up to date information on how long you are likely to wait before accessing the

service, contact our Adult Services Manager, Tammy Satchell on 020 8138 8956 or e-mail [tammy@suttonmencap.org.uk](mailto:tammy@suttonmencap.org.uk)

### **Can I choose when I attend?**

Yes. We will send out a list of dates and you will be able to indicate which you would like to attend. We will then allocate places fairly across all members of the weekends away service. This means you may not get all the days and activities that you wish to attend, although we can add you to a reserve list in case a place comes available.

### **What happens on the service?**

You will spend two nights away from home, sleeping in a single sex room with other service members.

As well as spending time away from home, you will be able to take part in a wide range of community-based and venue-based activities. Activities focus on having fun and developing independent living and social skills. The actual activities are organised around the choices of the people who attend. In house activities can include arts and crafts, cooking, dance, karaoke, sports and games and use of facilities in our garden and lounges. Trips out could include visits to sports facilities, cinema, theatre, parks, seaside, or pub lunches.

### **Can I choose the activities I will do?**

Services are planned with the involvement of group members, so we will try and plan activities that will suit all the people who attend. We will often have different activities taking place at the same time to allow people to choose different things.

### **Is transport available to attend the service?**

You will need to arrange transport to and from Sutton Mencap's premises on Friday evening and Sunday evening. We will arrange transport to the venue for the weekend away and to and from different activities.

### **How much does it cost?**

Each weekend is charged at £463.50. This includes staff costs and accommodation and meals at the venue. You will also need to bring spending money to cover activities, typically around £30 to £40 for the weekend.

These prices are correct up to 31<sup>st</sup> March 2022.

Should you be unable to attend, we will endeavour to find a replacement. However we will still need to charge for late notice cancellations.

### **How can I find out more?**

Contact Tammy Satchell, Adult Services Manager on 020 8138 8956 or e-mail [tammy@suttonmencap.org.uk](mailto:tammy@suttonmencap.org.uk)