

# Activities for children with additional needs and/or disabilities

**Solihull Family  
Information Service**

Like everyone else, children and young people with additional needs and/or disabilities want to have a social life and take part in activities they enjoy. Like everyone else you as a parent want to know that they will be welcome, safe and supported.

## What is my child entitled to?

Your child has the same right to access activities as other children. There will need to be a partnership between the activity provider and yourself to ensure that your child has the very best care possible.

The Council for Disabled Children put together a pack of information written primarily for parents of disabled children and young people. The pack provides information to parents on their child's rights to access activities, community facilities and other services.

You can download a pack of information from

<https://councilfordisabledchildren.org.uk/resources/all-resources/filter/inclusion-send/my-rights-your-responsibility-leaflets>

## How do I choose leisure activities?

Solihull Family Information Service can tell you about local activities for your child/children. We can tell you not only about specialist provision for children with additional needs and/or disabilities but also about support for your child to join in with the variety of universal / mainstream activities in the borough.

- You can call Solihull Family Information Service on 0800 389 8667 or email [familyinfo@solihull.gov.uk](mailto:familyinfo@solihull.gov.uk)
- You can view information about activities in your area using the Family Information Service Directory at <http://socialsolihull.org.uk/localoffer/family-information-service-directory/>

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## What should I look for?

If you have a child with an additional need and/or disability there may be things you want to look for before making your choice.

This may include things like:

- Are you and your child made to feel welcome?
- How will the activity provider meet your child's particular needs?
- Is the space appropriate – layout of the setting, size of the rooms, door openings, lighting?
- How many children attend the activity?
- Is car parking and access to the building suitable?
- What about surrounding roads and open spaces?
- Are there suitable changing facilities?
- What are the rules and how will you help my child understand them?
- Is there a safe place for my child to let off steam?

## What things should I talk about when I visit?

It is important that the activity provider knows as much about your child's needs as possible. It will help them to prepare and help your child to settle and enjoy the experience.

You may want to talk about:

- What your child is good at and where they might need help
- What your child likes and dislikes
- How to comfort your child if they are distressed
- Other information about your child's routines
- Any behaviour patterns your child displays
- Any communication difficulties
- Any physical needs of your child
- Any specialist equipment used by your child or needed for your child
- Any medical needs your child has

Working in partnership with the activity provider is important in ensuring that your child receives the best possible care.

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## What support is available to help my child attend an activity?

### Short Breaks

Short breaks give disabled children and young people the chance to take part in activities, make new friends and try new things. They are also an opportunity for parents and carers to have a break from caring.

- You may be able to access Specialist Activities for children and young people with additional needs and/or disabilities
- You may be able to access a support worker to accompany your child to a mainstream leisure activity such as a youth club, sports club, uniformed group etc.

You can find out more about how to apply by contacting Solihull Family Information Service or by clicking:

<https://socialsolihull.org.uk/localoffer/wp-content/uploads/sites/21/2019/12/201912-Short-Break-Statement-19-21-Final.pdf>

### For more information please contact: Solihull Family Information Service

Telephone:

0800 389 8667

Email:

[familyinfo@solihull.gov.uk](mailto:familyinfo@solihull.gov.uk)

Website:

[www.solihull.gov.uk/familyinfo](http://www.solihull.gov.uk/familyinfo)

Would you like to know what's happening in Solihull for children and families? Then join our Parent's Network for regular information at <https://www.solihull.gov.uk/children-and-family-support/solihullparentsnetwork>

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