

# Short breaks for children and young people with SEND

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Short breaks offer planned support and activities for children and young people with Special Education Needs and Disabilities (SEND), giving them the opportunity to have fun and build confidence, while giving families a break from caring.

Short breaks are not childcare. They are part of a respite support offer for eligible families.

## What short breaks can include

Depending on your child's needs and eligibility, short breaks may include:

- Specialist holiday activities and clubs
- After school and weekend sessions
- Support to access community activities
- Opportunities to build independence and social skills

## Who can access short breaks?

Short Breaks are usually available to children and young people who:

- Have additional needs or disabilities
- and
- Hold a Gateway Card or Gateway+ Card

## How to find short breaks

You can search for short breaks and apply for a Gateway Card by scanning the QR code or following the link below:



👉 [Short breaks and Gateway Cards](https://hants.gov.uk) – **hants.gov.uk**  
(search 'Short breaks and Gateway Cards').

## Looking for general holiday activities or childcare?

If you're looking for holiday clubs, childcare, or activities open to all children, visit the Family Information and Services Hub (FISH) to explore:

- Holiday clubs
- Childcare options
- Local events and activities

👉 [Holiday playschemes](https://connecttosupporthampshire.org.uk) – **connecttosupporthampshire.org.uk** (select 'Family Information and Services Hub', then 'All age childcare and Early Years education' and 'Holiday playschemes').