



Making  
something

amazing

happen



[www.break-charity.org](http://www.break-charity.org)

**break**  
Changing  
young lives



It's  
what's  
inside  
that  
counts...

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**We have exceptional, unrivalled outcomes for the children, young people and families who use our services.**

**We offer:**

- Partnership with commissioners to provide successful, cost-effective, flexible services to meet local and national needs
- Services tailored to the individuals we work with, in which they are recognised as the experts in their lives
- Interventions informed by an eclectic theory base with social pedagogy at its heart
- An agile, highly qualified workforce that is able to develop services responsive to unpredictable and changing needs
- A regionally renowned Learning and Development Programme

"I love it here.  
All the staff  
are like my  
family"

Young person, aged 14

## Young People in Care and Moving on

### Children's Homes

We believe that residential care is a positive choice for many children and young people. Our small 'family' homes cater for a maximum of four children aged seven to 17 and have a social pedagogical ethos. Our provision includes a four-bedded home for young people with severe learning disabilities.

Our aim is for children to experience better emotional and mental wellbeing, to feel that they belong, to exercise more control in their lives and be actively engaged in learning. We want them to be able to make informed choices and be confident when leaving care. Children and young people tell us that they feel "cared for", "loved" and "protected" by our staff.

We offer Service Level Agreement and Spot Purchase arrangements.

**For enquiries or to discuss making a referral, please contact Graeme Malcolm on 01263 822161 or email [graeme.malcolm@break-charity.org](mailto:graeme.malcolm@break-charity.org)**

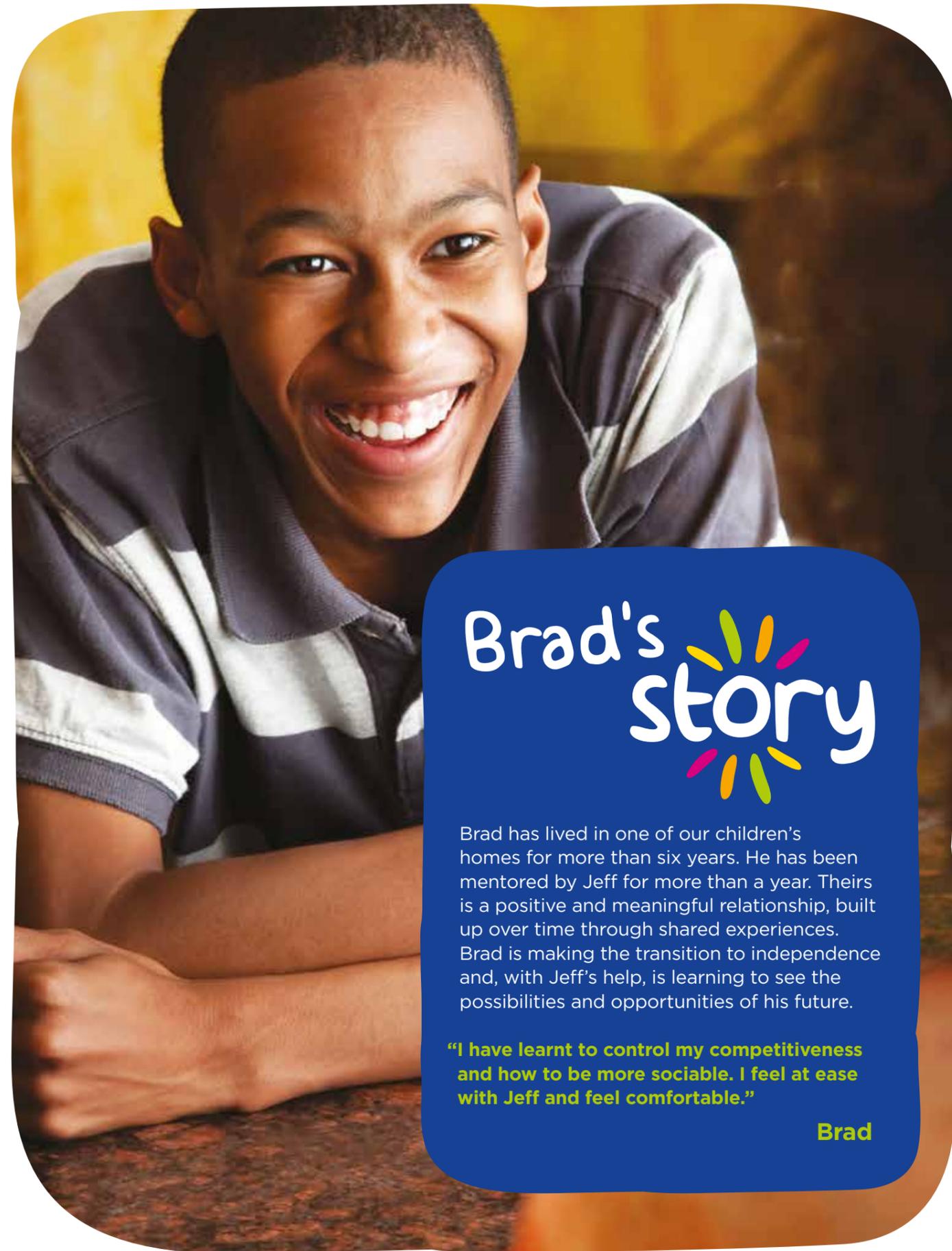
### Moving on Team

The Moving on Team, which is fully funded by Break's charitable income, consists of our Transition and Mentoring Services.

Transition workers help young people in our care to make a successful transition into adulthood. Care leavers have a high risk of social exclusion; our aim is to enable young people to lead lives that are rich, fulfilling and independent. Our care leavers should expect the same level of care and support that any reasonable parent would provide, so this service will remain available to them for as long as they require it.

Our volunteer Mentors give their time to develop a non-judgemental and trusting relationship with a child or young person. They engage in supportive and purposeful activities to encourage the child or young person to make positive change. We recruit Mentors from across the whole of Norfolk and North Cambridgeshire to support young people in the following areas: Children in Care, Care Leavers, Children with Disabilities and Young Carers.

**To discuss a referral, please contact Janes Van-Vollenstee, Moving On Team Manager, on 01553 765431 or email [janes.van-vollenstee@break-charity.org](mailto:janes.van-vollenstee@break-charity.org)**



## Brad's story

Brad has lived in one of our children's homes for more than six years. He has been mentored by Jeff for more than a year. Theirs is a positive and meaningful relationship, built up over time through shared experiences. Brad is making the transition to independence and, with Jeff's help, is learning to see the possibilities and opportunities of his future.

**"I have learnt to control my competitiveness and how to be more sociable. I feel at ease with Jeff and feel comfortable."**

**Brad**



## Ned's story

Ned is nine years old. Before coming into care he lived with his mother, who had serious mental health issues. Once accommodated, he had five placements lasting only a few weeks each. He is now settled with our specialist foster carers.

Since living with our carers, the extreme trauma he experienced in his early years has become clear. He was the victim of organised sexual abuse, leaving him unable to relate to others in a non-sexual way.

With the help of his foster carers, he is learning how to play and make positive relationships. He is attending school and slowly gaining confidence within social settings. The package of care around Ned is intense, but all the professionals involved in his life are impressed with the progress he has made in such a short time.

Although there is a long way to go, the carers enjoy being with him and take pride in all his progress.

**"We took Ned to the beach; he'd never been before. He was overwhelmed with the space and laughed and ran around in circles! Then he got down to the important business of building sand castles..."**

**Ned's foster carer**



### Therapeutic Fostering

We are Norfolk based, but have foster carers in Suffolk and on the borders of neighbouring counties. The service is available on a spot purchase or preferred provider basis. The scheme is aimed at those hard to match children who need a single placement.

Break foster carers carry out the day-to-day task of parenting the child in a thoughtful manner, drawing on theoretical perspectives to offer the child a restorative and enduring relationship. Our foster carers seek to understand how a child's past experiences affect their view of the world, their behaviours and relationships.

We recruit foster carers of the highest calibre and provide them with a high level of support. Our carers receive therapeutic supervision from our experienced team of social workers and professional consultation from our psychotherapist. We also provide excellent training, regular respite with a dedicated foster carer and all our carers attend the fortnightly therapeutic support groups.

**For enquiries or to discuss making a referral, please contact our Fostering Manager Hilary Walshe on 01603 670114 or email [hilary.walshe@break-charity.org](mailto:hilary.walshe@break-charity.org)**

**"Children are not the people of tomorrow, but people today"**

Janus Korczak

**50%** of young people that we accommodate remain in our care for more than two years

"They helped  
US be a family  
and me a good  
mum!"

Service user

## Children at Risk

### Family Assessments

We provide Residential Assessments, working with families at a critical point in their lives. This is usually when there are concerns about parents meeting the needs of their child/children and their ability to provide a 'good enough' standard of parenting within a loving and stable environment.

The protection of vulnerable children is our prime focus. We offer intensive support to parents and assess parenting skills. This informs referrers about whether a child's needs can be met by their parents or carers; whether there is a need for further intervention; or whether alternative care arrangements should be made for the child.

Our residential service offers self-contained family accommodation with communal facilities, including sitting rooms and playrooms. We offer a supportive environment, where parents and children come for a period of assessment, which can last up to 12 weeks.

Staff observe family interactions, focusing on the nature of the relationship between parents and children, as well as practical skills. Assessments are underpinned by attachment theory, with the majority of staff trained in the Solihull Approach and in working with parents with a learning disability.

**If you would like to discuss a referral, please contact Carole Childs on 01503 560344 or email [carole.childs@break-charity.org](mailto:carole.childs@break-charity.org)**



## Children and Young People with Disabilities

### Short Breaks

In partnership with Local Authorities, our service provides short-break homes for disabled young people in Norfolk and Suffolk. Children aged from five to 18 have regular, planned stays. One of our projects also provides term-time, weekday boarding for six young people who attend the local special school. More than 70 young people receive regular short breaks.

Our short-break services are renowned for innovation. The children have a fun time away from their families in a safe, secure environment while their parents and siblings enjoy a break from what can be a stressful situation.

**If you are interested in any of these services or want to discuss how Break can meet your service development needs, please contact Nick Loone on 07826 532707 or email [nick.loone@break-charity.org](mailto:nick.loone@break-charity.org)**

"It's nice  
to be  
here  
because  
of the staff,  
people  
and places  
we go"

Young person



## Families in Need of Support

### Young Carers

This service provides support for young people who are caring for a family member with a disability or other health problem. It aims to identify additional sources of support for the family and the young person so that they can feel confident that their family member is having their needs met. This will enable the young person to achieve better in and out of school.

**If you are interested in this service, please contact [christine.comacle-smith@break-charity.org](mailto:christine.comacle-smith@break-charity.org) or call Christine on 01603 621702.**

### Family Group Conferencing (FGC)

This development within Break embodies a belief in working with families to support them. We know families are experts in their experiences and are able to resolve even the most complex challenges. In particular, it can help:

- Prevent the admission of children into care
- Speed up and support the return of a child from care
- Identify alternative family network carers when the parents cannot provide a home
- Reduce the need for formal and intrusive Care Proceedings
- Help the implementation of a complex Child Protection Plan.

**If you require further information about this service or wish to make a referral, please contact Bev Arrand on 01603 670100 or email [bev.arrand@break-charity.org](mailto:bev.arrand@break-charity.org)**

"It gave the family ideas for what to expect in the future"



Social Worker

### Family Support

Our Family Support Service is a self-referral service for any parent who is struggling to bring up their children. All families will be assessed and offered an individual programme of support from the following options:

- A weekly drop-in parents' support group, where parents can get advice from our family support staff, meet other parents and have a cup of tea
- Volunteer Befriending Service, which provides trained volunteers to support parents in the home on a weekly basis
- A One-to-One Support Service by experienced staff to families who are undergoing difficulties
- School holiday activities for parents receiving services to enjoy with their children
- Parent Support Advisers, supporting parents with any difficulties which are impacting on their children at school
- Individual and group family support specifically for separated parents.

### Separated Families

We are specialists in family separation, offering a range of services to support those families who are struggling with the effects of family breakdown. These services include:

- Supervised contact (both private and public law)
- Supported contact at Great Yarmouth Supported Contact Centre
- Time For Me (therapeutic support for children struggling with their parents' separation)
- Separated Parents Information Programme (a workshop for parents to understand the effects of post-separation conflict on their children)
- Separating Successfully (comprehensive support offered from Norwich and King's Lynn).

**If you are interested in either of these services, please contact Emma Cameron on [emma.cameron@break-charity.org](mailto:emma.cameron@break-charity.org) or call her on 01603 621702.**

100% of children referred to FGC who were at risk of accommodation remained within the family

# Break is the biggest East Anglian-based charity

## The Benefits of Working with Break

Break is changing young lives across East Anglia by supporting children, young people and families in four key areas:

- **Young people in care and moving on**
- **Children and young people with disabilities**
- **Families in need of support**
- **Children at risk**

We continue to grow and diversify to meet the changing needs of children, young people and their families across the region.

### Our staff

We have more than 300 staff within our care services. We have low turnover and sickness rates, as all our dedicated staff members are aware of the impact of their role in helping to change young lives. They work in a facilitative way and their starting point is with the child, young person or family. We strive to work with and see everyone as an expert in their own life.

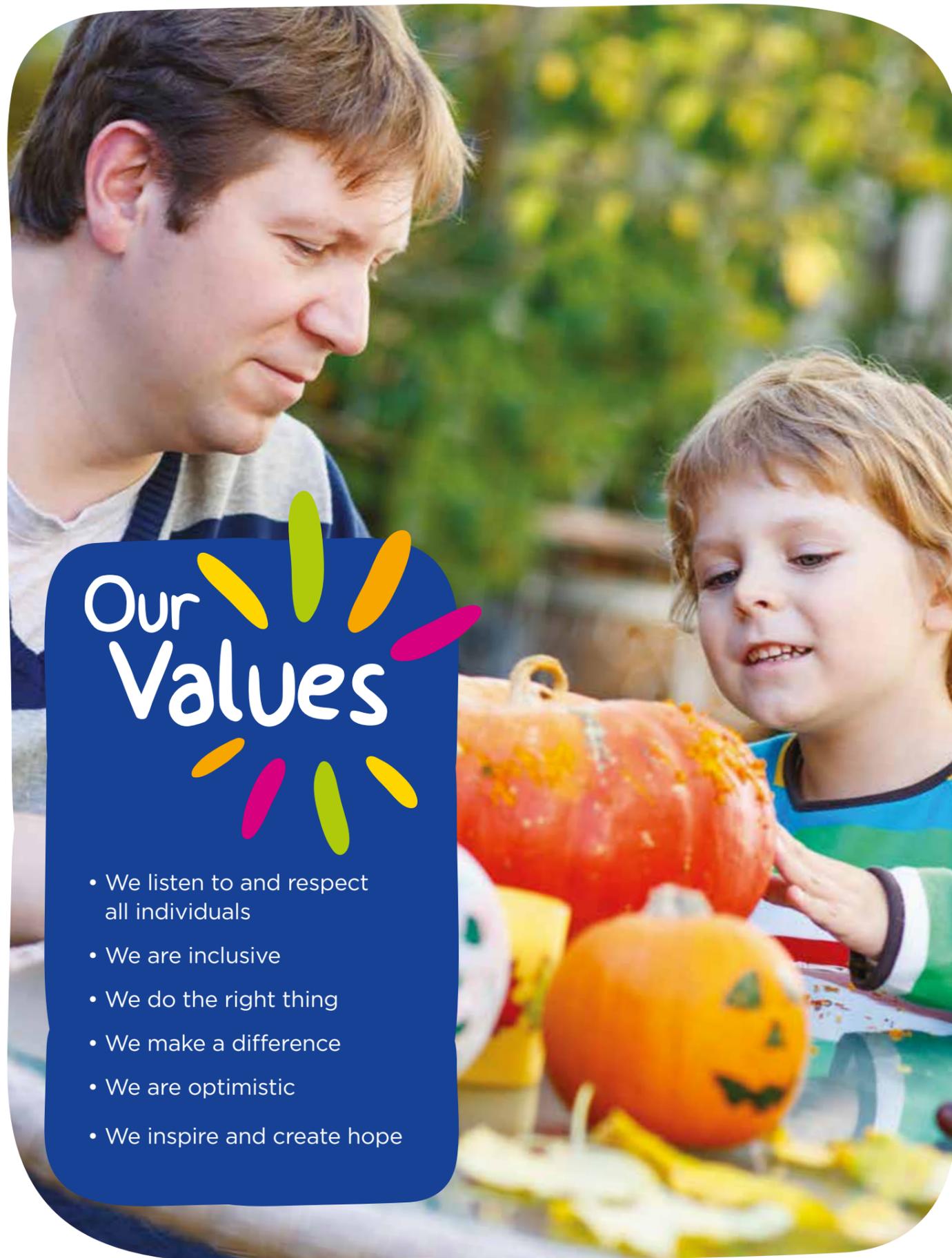
We encourage our staff to go beyond what is expected and they regularly do: our care leavers come home for Sunday lunch or to do their laundry; we help out with rent arrears; we go to parents' evenings.

We are often 'adopted' by young people and walk alongside their lives for as long as they want us, offering support and guidance.

We began to embed Social Pedagogy into our services in 2008 and have achieved great success. We have (in partnership with Norfolk County Council) developed a unique Learning Pathway, ranging from the Children and Young People's Workforce Diploma (level 3) delivered from a social pedagogical approach, to a range of additional, developmental courses. In 2013/14 we offered more than 900 places on training courses for our staff and those who commission our training expertise. Ofsted has commented on the positive impact this learning has on practice.

**If you are interested in learning more about our extensive training programme, please contact Sarah Hulm on 01603 670101 or [sarah.hulm@break-charity.org](mailto:sarah.hulm@break-charity.org)**

We are developing international links to increase the offer of shadowing and placements in other countries and cultures to share best practice and innovative ideas. We are constantly striving to improve and enhance what we offer.



## Our Values

- We listen to and respect all individuals
- We are inclusive
- We do the right thing
- We make a difference
- We are optimistic
- We inspire and create hope

## Added Value

### Participation

At Break we are committed to ensuring that the engagement of our service users is at the core of what we do. We want to make sure that our children, young people and families have a chance to be heard so that the services we provide meet their needs. The involvement of our service users can take many forms.

One of the vehicles we use to achieve this is our Break Free council for Young People in Care and Moving On. Break Free gives children and young people a forum to voice their opinions and suggestions and for us to consult them on proposed changes. We are committed to listening to and acting on feedback from children and young people and delivering real and sustained changes to meet their needs. They are routinely involved with interviewing for new staff and we see many more possibilities for their participation in service development and evaluation.



## Action!

### Black and White

In the summer a group of young people in our care made the poignant short film Black and White. This project was led by the young people and facilitated by one of our care leavers, a drama student. The film focused on their experiences in children's homes.

The reasons they were in care were not straightforward, and the film challenged adults not to judge them on that one aspect of their lives. The young people focused on the skills they have – artist, life guard etc – rather than the difficulties in their lives. The film was used to launch Break's new strapline: changing young lives.



### Alternative Learning Opportunities

We understand that mainstream schooling is not for every child. We also know that children and young people have dreams and aspirations. We have created a range of learning opportunities for young people to gain a qualification that is appropriate to their interests and needs. The recognised qualifications (QCF) range from Entry Level to Level 5, and young people work alongside skilled assessors in topics ranging from Construction and Maintenance to Bush Craft and Wood Turning.

We are also able to offer work experience/apprenticeships through our retail and fundraising departments and are working on expanding that offer to include the many organisations we work with.

We also offer young people the opportunity to travel and experience other cultures. Recently we have had young people and staff exchanges in partnership with the German organisation Elisabethheim. Staff brought back to Break the skills and insight they acquired, while the young people returned with a greater sense of community and have been inspired to plan Break-wide activities. This has given us all the opportunity to experience another way of working and living.

## Tom's story

Tom is a young person in our care who expressed an interest in DIY. He is now working alongside one of our Maintenance Operatives for two days a week (he is in college for the other three) gaining invaluable experience, skills and a qualification. This will develop into an apprenticeship in a few months.

**"I've been lucky enough to be taught skills throughout my career and now I have great pleasure in giving something back."**

**Maintenance Operative**

**98%** of young people leaving our care stay in touch with us

break-charity.org

f Break Charity    @breakwriter

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