

Who can be referred to Short Breaks?

- The service user will be an adult aged 18+ with severe and enduring mental health needs
- They will be subject to Care Programme Approach (CPA) and/or Care Management
- The carer will be aged 16+ as defined by the Carers and Disabled Children Act 2000
- Carers and service users will live in the **Three Rivers, Watford, Dacorum or St Albans** areas of Hertfordshire

How to refer

Referrals can be made via Hertfordshire Community Mental Health teams.

Other mental health specialist teams are welcome to contact us about potential referrals.

Referrers need to:

- Send a completed Short Breaks referral form
- Provide a current CPA form and risk assessment
- Provide a copy of the carer's assessment (if this has been completed)

Access to files

The project operates an open file policy. This means that service users can access their personal files if they wish. The only exception to this is information given by a third party or about a third party. Confidential information is held separately unless specifically released by the provider.

Contact us

For more information on **Short Breaks for Carers** or to discuss a potential referral please contact us today:

Tel & Fax 01923 805605

Short Breaks for Carers

The Centre for Well Being
501 St Albans Road
Watford
WD24 7RQ

email shortbreaks@turning-point.co.uk

You can find out more at:

www.hertsmh-turning-point.co.uk

www.turning-point.co.uk

About Turning Point

We turn lives around every day, by putting the individual at the heart of what we do. Inspired by those we work with, together we help people build a better life.

Established more than 40 years ago, Turning Point is the UK's leading social care organisation. We provide services for people with complex needs, including those affected by drug and alcohol misuse, mental health problems and those with a learning disability.

Confidentiality

All staff adhere to strict ethics on client confidentiality under the Data Protection Act 1998.

Turning Point is a registered charity, no.234887, a registered social landlord and a company limited by guarantee no.793558 (England & Wales). Registered office: Standon House, 21 Mansell Street, London, E1 8AA

FSC
MINIMUM AREA
INC CLEAR SPACE

**TURNING
POINT**
turning lives around



Short Breaks for Carers Hertfordshire



Supporting carers of people with mental health needs to take short breaks



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Short Breaks gives me peace of mind. It enables me to carry out my work and leisure activities. My partner is always much more relaxed when he has been visited.

Turning Point service user

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At **Turning Point** we've been providing high quality services for people with mental health needs for more than 20 years. All our person-centred services offer practical, hands-on support based on the needs of each individual, their family and carers. At **Short Breaks for Carers** we provide creative, proactive, flexible support that improves the quality of life for both carers and service users by giving carers the regular breaks they need to continue caring for people with mental health issues and other complex needs.

The service will also support carers to identify and access the support that they need as well as working with the person that they care for. This may include practical and emotional support as well as signposting to carers' services and support groups.

At **Short Breaks for Carers** we provide a flexible service that enables carers of people with mental health needs in **Hertfordshire** to take time out. A short-duration respite service that complements existing services, we help carers by spending a short time with the mental health service user so that the carer can **have a break**.

How does the service work?

We give carers a break of between one to three hours per visit. The duration and frequency of breaks is agreed at the referral stage but can lead to a short or long term arrangement depending on the carer's individual needs and circumstances.

The service operates **8am – 8pm, seven days a week** to provide flexible support based around the needs of carers and service users. Some of this support is provided via an out-of-hours telephone service.

The service operates through community outreach – we visit your home or community service, wherever you need us to go within the area. We can spend time with a service user in their home or accompany them on social or leisure activities in the community. We can offer support to attend important appointments, meetings with professionals and day care services – any activity in the area which gives the carer a break.

The carer, the service user, the referrer and the project worker agree a support plan at the first referral meeting. The support plan is then reviewed at regular intervals to ensure we respond to changing needs.