

Rochdale's

## Short Breaks Matrix

*Did you know that if you know or have a child or young person up to the age of 18, who has a diagnosis or an Education, Health & Care Plan, they could access all of these activities that take place throughout the Rochdale Borough!*

*For more information take a look at our online Short Breaks Matrix on our Local Offer:*

[www.rochdale.gov.uk/localoffer](http://www.rochdale.gov.uk/localoffer)



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## Barnardo's

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Nature Ninjas</i>	<b>Outdoor Activity</b>	<i>Learn about wildlife &amp; enjoy a range of outdoor activities.</i>	<i>8 - 18</i>	<i>Saturdays 9:30 - 12</i>	<i>Per Session: £1</i>	<i>01706 769 634 Hollingworth Lake Visitor Centre</i>	<i>No Parents / Siblings Welcome</i>
<i>Art Attack</i>	<b>Arts &amp; Crafts</b>	<i>Creative activities.</i>	<i>8 - 18</i>	<i>Thursdays 5:30 - 7:30</i>	<i>Per Session: £1</i>	<i>01706 769 634 Springvale Youth Centre</i>	<i>No Parents / Siblings Welcome</i>
<i>Act To Shine</i>	<b>Performing Arts</b>	<i>Learn new skills and enjoy creating performances.</i>	<i>8 - 18</i>	<i>Fridays 5:30 - 7:30</i>	<i>Per Session: £1</i>	<i>01706 769 634 M6 Theatre Company - Hamer</i>	<i>No Parents / Siblings Welcome</i>
<i>Super Siblings</i>	<b>Youth Club</b>	<i>A group for brothers and sisters of children with additional needs.</i>	<i>5 - 18</i>	<i>Saturdays 1:30 - 4</i>	<i>Per Session: £1</i>	<i>01706 769 634 Matthew Moss Youth Centre</i>	<i>Siblings Only</i>

## Sport Works

<b>Activity Name</b>	<b>Activity Type</b>	<b>Description</b>	<b>Age Group</b>	<b>Time &amp; Date</b>	<b>Cost</b>	<b>Contact Details &amp; Location</b>	<b>Parent/Sibling Attendance?</b>
<i>Weekend Multi-Sport Activities</i>	<b>Sports</b>	<i>Traditional and non-traditional sport &amp; exercise activities.</i>	<i>3 - 18</i>	<i>Saturdays 12 - 3</i>	<i>Per Session: £2</i>	<i>07947 570 955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a> Bowlee Sports Centre</i>	<i>No Parents / Siblings Welcome</i>
<i>Weekend Multi-Sport Activities</i>	<b>Sports</b>	<i>Traditional and non-traditional sport &amp; exercise activities.</i>	<i>3 - 8</i>	<i>Sundays 10 - 1</i>	<i>Per Session: £2</i>	<i>07947 570 955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a> Heywood Sports Village</i>	<i>No Parents / Siblings Welcome</i>
<i>Weekend Multi-Sport Activities</i>	<b>Sports</b>	<i>Traditional and non-traditional sport &amp; exercise activities.</i>	<i>8 - 18</i>	<i>Sundays 1 - 4</i>	<i>Per Session: £2</i>	<i>07947 570 955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a> Heywood Sports Village</i>	<i>No Parents / Siblings Welcome</i>
<i>Weekend Multi-Sport Activities</i>	<b>Sports</b>	<i>Traditional and non-traditional sport &amp; exercise activities.</i>	<i>8 - 18</i>	<i>Saturdays 12 - 3</i>	<i>Per Session: £2</i>	<i>07947 570 955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a> Bowlee Sports Centre</i>	<i>No Parents / Siblings Welcome</i>
<i>School Holiday Multi-Sport Activities</i>	<b>Sports</b>	<i>Traditional and non-traditional sport &amp; exercise activities.</i>	<i>3 - 18</i>	<i>Tuesdays 10 - 3</i>	<i>Per Session: £3</i>	<i>07947 570 955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a> Hopwood Hall College</i>	<i>No Parents / Siblings Welcome</i>
<i>School Holiday Multi-Sport Activities</i>	<b>Sports</b>	<i>Traditional and non-traditional sport &amp; exercise activities.</i>	<i>3 - 18</i>	<i>Wednesdays 10 - 3</i>	<i>Per Session: £3</i>	<i>07947 570 955 0161 447 8835 <a href="mailto:karen.rolling@sportworksltd.co.uk">karen.rolling@sportworksltd.co.uk</a> Please Enquire</i>	<i>No Parents / Siblings Welcome</i>

## Youth Factor

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Youth Factor</i>	<b>Youth Club</b>	<i>A fun youth club where young people have the opportunity to express themselves and participate in a number of planned activities.</i>	<i>8 - 18</i>	<i>Tuesdays 6 - 8</i>	<i>Per Session: £2</i>	<i>01706 751 892 <a href="mailto:Paul.carter@redwood-school.com">Paul.carter@redwood-school.com</a> Redwood Secondary School OL11 5EW</i>	<i>None Required</i>
<i>Youth Factor</i>	<b>Youth Club</b>	<i>A fun youth club where young people have the opportunity to express themselves and participate in a number of planned activities.</i>	<i>8 - 18</i>	<i>Saturdays 10 - 12</i>	<i>Per Session: £2</i>	<i>01706 751 892 <a href="mailto:Paul.carter@redwood-school.com">Paul.carter@redwood-school.com</a> Redwood Secondary School OL11 5EW</i>	<i>None Required</i>
<i>Youth Factor Holiday Club</i>	<b>Holiday Club</b>	<i>A fun structured Holiday Club, with lots of exciting new experiences and opportunities to spend time with friends and make new ones.</i>	<i>4 - 18</i>	<i>School Holidays 10 - 3</i>	<i>Per Day: £10</i>	<i>01706 751 892 <a href="mailto:Paul.carter@redwood-school.com">Paul.carter@redwood-school.com</a> Redwood Secondary School OL11 5EW</i>	<i>None Required</i>

## Link 4 Life

<b>Activity Name</b>	<b>Activity Type</b>	<b>Description</b>	<b>Age Group</b>	<b>Time &amp; Date</b>	<b>Cost</b>	<b>Contact Details &amp; Location</b>	<b>Parent/Sibling Attendance?</b>
<i>Go Ability</i>	<b>Sports</b>	<i>Mountain Biking</i>	<i>8 - 18</i>	<i>Saturdays 11 - 2</i>	<i>Per Session: £3</i>	<i>01706 924 234 07812 223 289 <a href="mailto:gemma.hird@link4life.org">gemma.hird@link4life.org</a> Hollingworth Lake Water Activity Centre</i>	<i>Parents &amp; Siblings Welcome</i>
<i>Go Ability</i>	<b>Sports</b>	<i>Accessible Biking</i>	<i>8 - 18</i>	<i>Saturdays 9:45 - 12</i>	<i>Per Session: £3</i>	<i>01706 924 234 07812 223 289 <a href="mailto:gemma.hird@link4life.org">gemma.hird@link4life.org</a> Bowlee Sports Centre</i>	<i>Parents &amp; Siblings Welcome</i>
<i>Go Club</i>	<b>Sports</b>	<i>Football training and competitions</i>	<i>8 - 18</i>	<i>Thursdays 5 - 16</i>	<i>Per Year: £60</i>	<i>07918 176 917 Bridge Football Club</i>	<i>Parents &amp; Siblings Welcome / Not Required</i>
<i>Sunsport</i>	<b>Sports</b>	<i>An activity programme that provides full personal care</i>	<i>8 - 18</i>	<i>School Holidays 10 - 3:30</i>	<i>Per Day: £5</i>	<i>01706 924 234 07812 223 289 <a href="mailto:gemma.hird@link4life.org">gemma.hird@link4life.org</a></i>	<i>No Parents / Siblings Welcome</i>
<i>All Ability Adventure</i>	<b>Sports</b>	<i>Sailing and Canoeing activities working towards qualifications</i>	<i>8 - 18</i>	<i>Sundays 1 - 4</i>	<i>Per Day: £4</i>	<i>01706 924 234 07812 223 289 <a href="mailto:gemma.hird@link4life.org">gemma.hird@link4life.org</a></i>	<i>Parent Required</i>
<i>ASC Inspired Sport</i>	<b>Sports</b>	<i>Social Club linked with Rochdale Vipers VI bowling session</i>	<i>8 - 18</i>	<i>Tuesdays 6 - 8</i>	<i>Per Session: £3.50</i>	<i>01706 924 234 07812 223 289 <a href="mailto:gemma.hird@link4life.org">gemma.hird@link4life.org</a></i>	<i>No Parents / Siblings Welcome</i>

## Enlightening

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Feel Good Factor</i>	<i>Complimentary Therapy</i>	<i>Complementary health treatments aimed to de-stress, de-toxify, relax muscular hypertension and enhance mental and emotional wellbeing.</i>	<i>5 - 18</i>	<i>Book Appointment</i>	<i>Per Session: £4</i>	<i>07722 285 367 <a href="mailto:joward@enlightening.org.uk">joward@enlightening.org.uk</a></i>	<i>Parent Required</i>
<i>Summer Super Teens</i>	<i>Holiday Club</i>	<i>A 5 day programme where young people take part in creative activities. Volunteer opportunities are available following this.</i>	<i>11 - 18</i>	<i>Summer Holidays</i>	<i>For 5 Days: £25</i>	<i>07722 285 367 <a href="mailto:joward@enlightening.org.uk">joward@enlightening.org.uk</a></i>	<i>Enquire When Booking</i>
<i>Summer Super Kids</i>	<i>Holiday Club</i>	<i>A 5 day programme where children take part in creative activities.</i>	<i>5 - 10</i>	<i>Summer Holidays</i>	<i>For 5 Days £25</i>	<i>07722 285 367 <a href="mailto:joward@enlightening.org.uk">joward@enlightening.org.uk</a></i>	<i>Enquire When Booking</i>

## Skylight Circus Arts

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Skyhigh Circus</i>	<i>Circus Skills</i>	<i>Circus activity specially designed for children &amp; young people with a wide range of disabilities.</i>	<i>4 - 11</i>	<i>Wednesdays 4.15 - 5.15</i>	<i>Per Session: £1</i>	<i>01706 650 676 <a href="mailto:martine.b@skylightcircusarts.com">martine.b@skylightcircusarts.com</a> St Chads Fold, Sparrow Hill</i>	<i>Parents Required</i>
<i>Skyhigh Circus</i>	<i>Circus Skills</i>	<i>Circus activity specially designed for children &amp; young people with a wide range of disabilities.</i>	<i>11 - 18</i>	<i>Wednesdays 5.15 - 6.30</i>	<i>Per Session: £1</i>	<i>01706 650 676 <a href="mailto:martine.b@skylightcircusarts.com">martine.b@skylightcircusarts.com</a> St Chads Fold, Sparrow Hill</i>	<i>Parents Welcome / Not Required</i>
<i>Circus Wow</i>	<i>Circus Skills</i>	<i>A 6 week performance project. Bring along family and friends and have fun learning circus skills together.</i>	<i>4 - 18</i>	<i>Selected Saturdays</i>	<i>Per Session: £1</i>	<i>01706 650 676 <a href="mailto:martine.b@skylightcircusarts.com">martine.b@skylightcircusarts.com</a> St Chads Fold, Sparrow Hill</i>	<i>Family Activity / Parents Required / Siblings Welcome</i>



## Rochdale Youth Service

<b>Activity Name</b>	<b>Activity Type</b>	<b>Description</b>	<b>Age Group</b>	<b>Time &amp; Date</b>	<b>Cost</b>	<b>Contact Details &amp; Location</b>	<b>Parent/Sibling Attendance?</b>
<i>SEND Youth Group</i>	<b>Youth Club</b>	<i>Sessions are young people led, learn informally and build friendships in a safe independent space.</i>	<i>11 - 18</i>	<i>Wednesdays 6 - 8:30</i>	<i>Per Session: 50p</i>	<i>01706 924 294 <a href="mailto:Paula.Kevlin@rochdale.gov.uk">Paula.Kevlin@rochdale.gov.uk</a> Spring Vale Youth Centre</i>	<i>Siblings Welcome</i>
<i>Youth Voice Project</i>	<b>Youth Voice</b>	<i>Giving young people a voice on issues that affect them.</i>	<i>11 - 18</i>	<i>1st Wednesday of the month 6 - 8:30</i>	<i>Free</i>	<i>01706 924 294 <a href="mailto:Paula.Kevlin@rochdale.gov.uk">Paula.Kevlin@rochdale.gov.uk</a> Moss Street Youth Centre</i>	<i>Siblings Welcome</i>
<i>SEND Youth Group</i>	<b>Youth Club</b>	<i>Sessions are young people led, learn informally and build friendships in a safe independent space.</i>	<i>11 - 18</i>	<i>Saturdays 10:30 - 13:15</i>	<i>Per Session: 50p</i>	<i>01706 924 294 <a href="mailto:Paula.Kevlin@rochdale.gov.uk">Paula.Kevlin@rochdale.gov.uk</a> Moss Street Youth Centre</i>	<i>Siblings Welcome</i>
<i>Duke of Edinburgh</i>	<b>Skill Building</b>	<i>From volunteering to physical activities, life skills to expeditions, achieving a DofE Award is a passport to a brighter future.</i>	<i>11 - 18</i>	<i>Wednesdays 6:30 - 8</i>	<i>For Course: £20</i>	<i>01706 922 223 <a href="mailto:Jamshed.Miah@rochdale.gov.uk">Jamshed.Miah@rochdale.gov.uk</a></i>	<i>None Required</i>

## Rainbow Scent

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Holistic Massage Therapy &amp; Play</i>	<i>Complimentary Therapy</i>	<i>Therapies to suit the child's needs, held within the home.</i>	<i>0 - 18</i>	<i>Book Appointment</i>	<i>Free</i>	<i>07504 404 558</i> <i><a href="mailto:Sarahkfair72@gmail.com">Sarahkfair72@gmail.com</a></i> <i>Held within your home</i>	<i>Parent Required</i>

## Crossroads Together

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Crossroads Together</i>	<i>Day Trips</i>	<i>Age and ability appropriate day &amp; half day trips where children &amp; young people can have fun and enjoy themselves.</i>	<i>3 - 18</i>	<i>School Holidays &amp; Occasional Weekends</i>	<i>Per Day: £5</i>	<i>01706 525 361</i> <a href="mailto:Rochdale@crossroadstogether.org.uk"><i>Rochdale@crossroadstogether.org.uk</i></a>	<i>None Required</i>

## Rainbow Trust

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Rainbow Trust Children's Charity</i>	<b>Support</b>	<i>Rainbow Trust Children's Charity provides emotional and practical support for families whose child or young person has a life threatening or terminal illness. We support families for as long as is needed, from diagnosis to cure, or throughout times of bereavement and post bereavement support for the whole family. Rainbow Trust operates a priority service for families in crisis, including a 24-hour dedicated on call number.</i>	<i>0 - 18</i>	<i>Weekdays 8 - 6</i>	<i>Free</i>	<i>07825 601 357 <a href="mailto:wendy.thompson@rainbowtrust.org.uk">wendy.thompson@rainbowtrust.org.uk</a></i>	<i>Family Welcome</i>

## Short Break Minders

<i>Activity Name</i>	<i>Activity Type</i>	<i>Description</i>	<i>Age Group</i>	<i>Time &amp; Date</i>	<i>Cost</i>	<i>Contact Details &amp; Location</i>	<i>Parent/Sibling Attendance?</i>
<i>Short Break Minders</i>	<i>Childcare</i>	<i>Care, education &amp; short breaks for children &amp; young people with disabilities, aged 0-18, in a home based environment that is safe and secure.</i>	<i>0-18</i>	<i>Call To Enquire</i>	<i>-</i>	<i>01706 927447 <a href="mailto:helen.wood@rochdale.gov.uk">helen.wood@rochdale.gov.uk</a> Short Break Minders home.</i>	<i>None Required</i>

*All of the above Short Break opportunities are facilitated by trained and qualified staff.*

*This document was written and produced by Justin Henderson (Parent Carer Engagement & Information Officer)  
on behalf of Rochdale Borough Council.*

*For further information, please contact the Children with Disabilities Team:*

*Telephone:*

*01706 925 900*

*Email:*

*CWD@Rochdale.gov.uk*

*Postal Address:*

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Early Help & Schools  
Rochdale Borough Council  
Floor 4 - Number One Riverside  
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Rochdale  
OL16 1XU*