

Short Breaks transcript

[Gentle guitar music throughout]

[Video: Animation throughout]

[Logo: Durham County Council]

[Video: Smiling adult female, pop up circles in hands of female, one in wheelchair waving, one in spotted red dress waving]

[Video: Female holding head in hands, stressed]

“If you care for a child or young person who has a special educational need or disability, you may sometimes feel like you need a break. We call this a Short Break.”

[Text: Short Break]

[Video: Two families, adults and children]

[Video: Female in lotus position, yoga, meditating]

“Short Breaks will be different for every family depending on your needs.”

[Video: Two young people playing football]

[Video: Background image of ferris wheel, circus tent, tower.]

“It could be finding some time for yourself or it could be something where the whole family can relax.”

[Video: Family with dog, young person in wheelchair, adults and child with balloon walking left to right]

[Video: Quick swipe screen to group of people having coffee in café seated at a table, potted plants, images of coffee beans and clock]

“Whatever your Short Breaks they all have one thing in common. They help you have time to do something you want to do, something that will help you feel less stressed and ready to get on with day to day life.”

[Text: Short Break]

[Video: Pop up circles repeating images previously seen, 1) people walking left to right past ferris wheel, tower and circus tent, 2) female in lotus position meditating, 3) three people in café]

“Whatever your family’s needs we don’t want to decide for you what a Short Break is.”

[Video: Female worker wearing lanyard aiding member of the public, standing in front of office building. Clock in background, notepaper, cogs for wheels]

“We’ll work with you to understand what you need and try to make sure you can get the break you need when you need it.”

[Video: Hand holding mobile phone with Short Breaks Open on screen]

“This is called our Short Breaks Offer.”

[Video: Right hand presses 'Open]

[Video: Mobile screen displays, 'Short Breaks Statement. Lines of 'text', and Contact button, presses Contact]

"You can find out what we offer and how to access breaks in our Short Breaks Statement."

[Video: Mobile screen displays text: SENDEIC@durham.gov.uk 03000 260 270]

"If you need help to find something that meets your needs, you can contact us and we'll help you to find a break."

[Video: www.durham.gov.uk/shortbreaks]

[Logo: Durham County Council]