

# Short Breaks

## IMPACT REPORT 2025



# Beams

Supporting disabled children & families

[www.wearebeams.org.uk](http://www.wearebeams.org.uk)

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# WE ARE BEAMS

**We Are Beams is a local charity that supports disabled children and their families in Kent. The disabled children and young people who access our services are aged between 0-25 years.**

Aiming to raise £2.5 million, we work to ensure that we can continue providing essential care to the most vulnerable members of our community.

The children will usually have one or multiple learning difficulties, complex health needs such as Down syndrome, Cerebral palsy or another life limiting disease, physical or sensory impairment, challenging behaviour because of their disability, Autism or severe ADHD.

Our work is divided into five key areas.

## Short Breaks Service

Providing holiday play schemes, day trips, family outings and hourly care.

## Family Advice Service

Providing 1-1 support, parent support groups, themed workshops, telephone helpline, parenting programmes, EHCP support.

## Supporting Independence Service

Offering care and support to young people transitioning into adult care.

## Dragon's Retreat

Rated Ofsted Outstanding our 6 bedded overnight respite unit cares for young people for 1-3 days on average for respite.

## Payroll Service

for parents and small business with any profit generated returned to Beams.

**Our impact goes beyond just care; we help reduce social isolation, promote friendships, enhance mental health and well-being, and provide families with the much-needed respite from the challenges of caregiving.**

# SHORT BREAKS SERVICE - ACTIVITIES

**We Are Beams Short Breaks Service offers a range of leisure activities for disabled children and young people up to the age of 25 years.**

We provide appropriate activities focused on the young person's needs. Above all, we ensure the children and young people are safe and have a lot of fun during their time with us.

**We offer the following short break activities;**

**Kidscamp** - Specialist play scheme for young people aged 5 to 17 years with severe and complex needs that require 1-to-1 support and personal care.

**Beamers** - This holiday club offers children that are more able aged 5-17 years fun activities, day trips and opportunities to form new friendships.

**Buzz Club** - For young people aged 18-25 years, Buzz Club is suitable for young people with severe and complex needs and requiring 1- to -1 support and personal care.

**Fun Family Events** - Organised relaxed events including cinema trips, Christmas party and London light tour.

**Theatre Trips** - Relaxed performances to the panto and theatre.

**Family Support** - 1-to-1 service provided for families in crisis or needing extra help at key times



In 2025 - Beams provided

**Kidscamp** - 1 to 1 service  
217 places over subscribed

**Beamers** -142 places  
over subscribed

**Buzz Club** - young people  
18-25years -35 places

**Family Support**  
- 1296hrs

**Family Events**  
- 12 events 612 places



*"Beams work tirelessly to offer opportunities to our disabled children, we feel so fortunate to have such a fantastic local charity offering such wonderful experiences to our children, thank you to all the amazing staff"*

## CASE STUDY

# Wendy's Story



**Wendy has Global Developmental Delay (GDD), a condition that profoundly affects every area of her life, yet she is happiest when she is outdoors on an adventure.**

She lives at home with her mum and is the middle of three siblings, which includes a younger sibling who also has a disability. Due to her extensive needs, 23-year-old Wendy requires continuous 24/7 care and full support for all activities of daily life to ensure her safety and well-being.

Wendy's strong need to be outside can create challenges for her family, especially during the school holidays. When they are unable to spend time outdoors, Wendy can become restless and agitated, making the home environment stressful. Linda, Wendy's mum, first learned about Buzz Club through other parents who use Beams services.

Buzz Club offers young people aged 18 to 25 years old, including those with

severe and complex needs, a fantastic way to experience new activities like bowling, rock climbing, and trips to the beach. The club is a great way to develop independence, and for young people to make friends.

Because Buzz Club guarantees one to one support, young people like Wendy can participate safely, giving parents the opportunity to recharge and do things that are simply impossible when providing continuous care.

The Short Breaks Service provides essential support and connection for Beams families. Through our holiday clubs and family events, Beams offers an opportunity for parents and children to connect with others and realise they are not on this journey alone.

***"Beams have given me a break from caring responsibilities; I do not need to worry about Wendy when she is at Buzz Club. She is able to go on days out and participate in different activities and visit new places, which I could not afford"*** shares Linda, Wendy's mum

# SURVEY RESULTS - IMPACT OF OUR SHORT BREAKS SERVICE

**100%** of respondents were happy with the variety of the activities offered at Beams playschemes

**88%** of parents were happy with the communication of the staff during the playschemes

**100%** of respondents were happy with the standard of support provided

**96%** of families said the playschemes made a real difference for their children

**100%** of families would use Beams services again

*"Short breaks are absolutely vital for our family's wellbeing and ability to cope. My son is happier and has had fun with his peers, and I have had a short break from caring and managed to do small things like food shopping, hoovering or having a shower, which others take for granted but is impossible when your child needs to be constantly watched. Thank you Beams, we love and appreciate you so much!"*

*"Our family has been at breaking point and these activities gave me and the children some rest bite"*



# The Short Breaks Service support families in these key areas

*"Without these day trips, my son's world is very small, home and school. He needs a challenge, new experiences and new realisations to grow"*

Reduced social isolation

*"Our Son went to the pony day, and although he really didn't want to go anywhere much this holiday, he came back so excited and it seemed he really enjoyed himself!"*

Have fun and try different things

*"Our daughter loves Beams days out. She feels like she really fits in and enjoys making friends"*

Making friends

Improved health and wellbeing

*"Short breaks are absolutely vital for our family's wellbeing and ability to cope over the long Summer holidays. My son is happier and has had fun with his peers, and I have had a break from caring"*

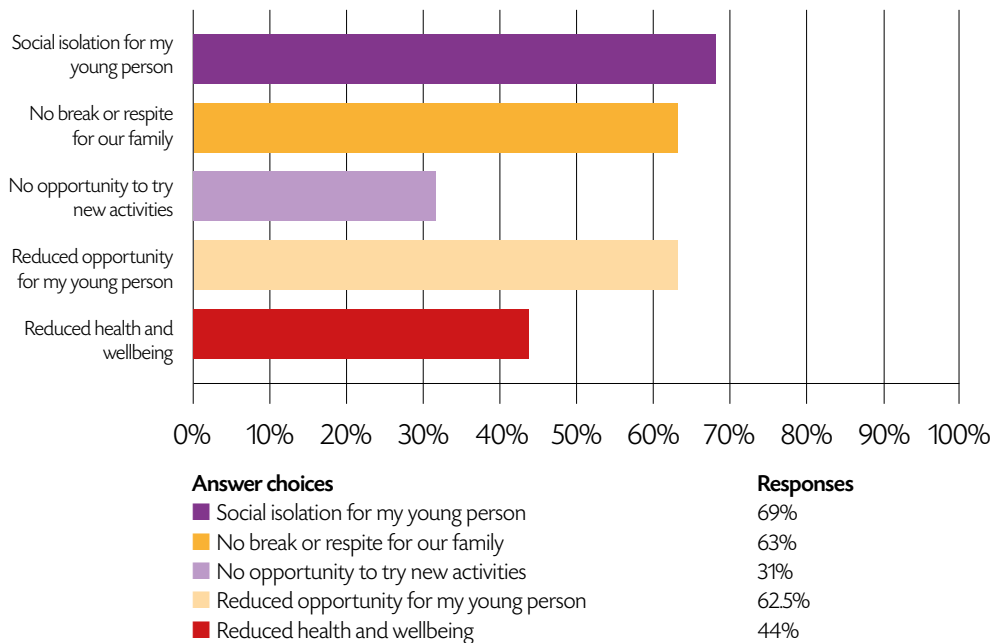
Giving the family a break from circle of care

*"This summer, short breaks has been our main source of respite. It has been a life saver for us as a family"*

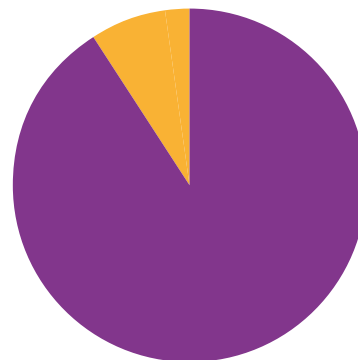


# IMPACT OF THE SHORT BREAKS SERVICE - BEAMERS

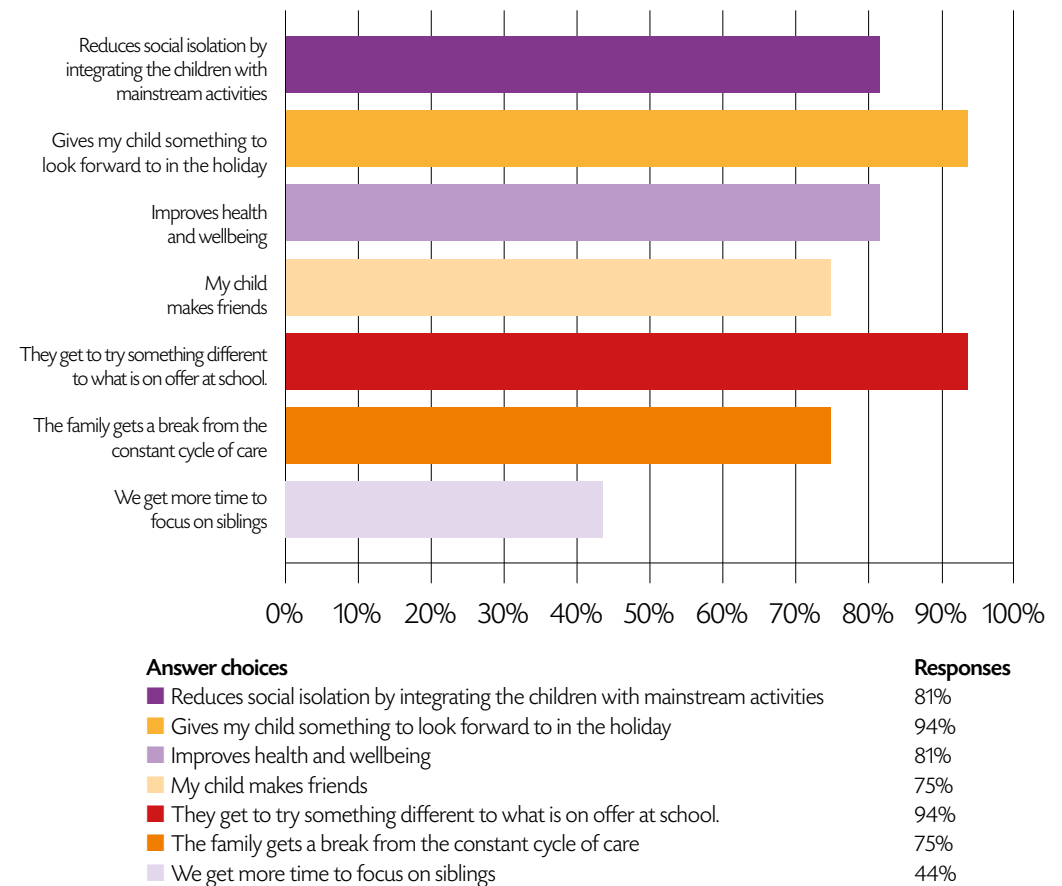
Can you tell us a little about the impact on your family if you could not access short breaks clubs for your young person?



What difference does this service make to you and your family?



We tell funders we deliver the following outcomes for your child. Would you say the following is true?



Would you use Beams for this service again next year? **100%** said yes

# IMPACT OF THE SHORT BREAKS SERVICE - BUZZ CLUB

How would you rate the quality of Buzz Club service provided to your young person?

Outstanding **75%**  
Very good **25%**

Do you feel your son/daughter enjoyed the activities offered at Buzz Club?

Yes **100%**

How much of a difference does the Beams Short Break Service make to your young person?

Huge difference **75%**  
Small Difference **25%**

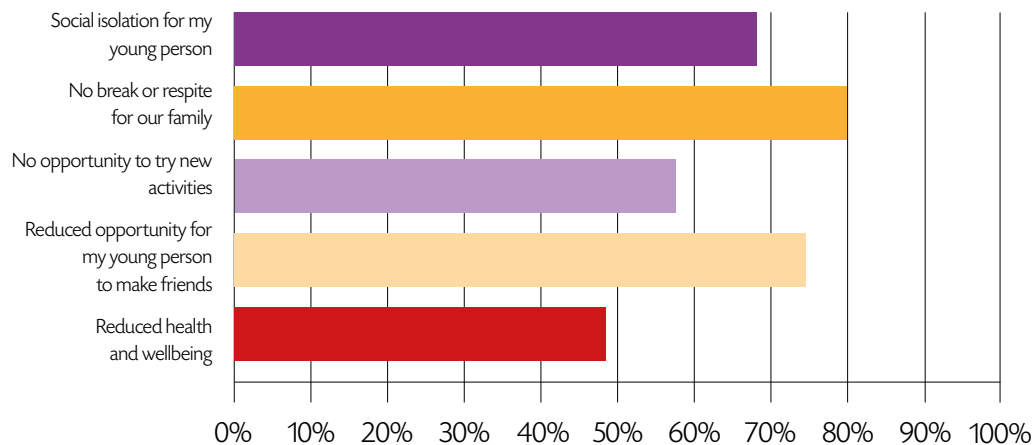


# IMPACT OF THE SHORT BREAKS SERVICE - KIDSCAMP

Were you happy with the communication between the staff and yourself during kidscamp

**100%** said yes

Can you tell us a little about the impact on your family if you could not access Short Breaks for your child?



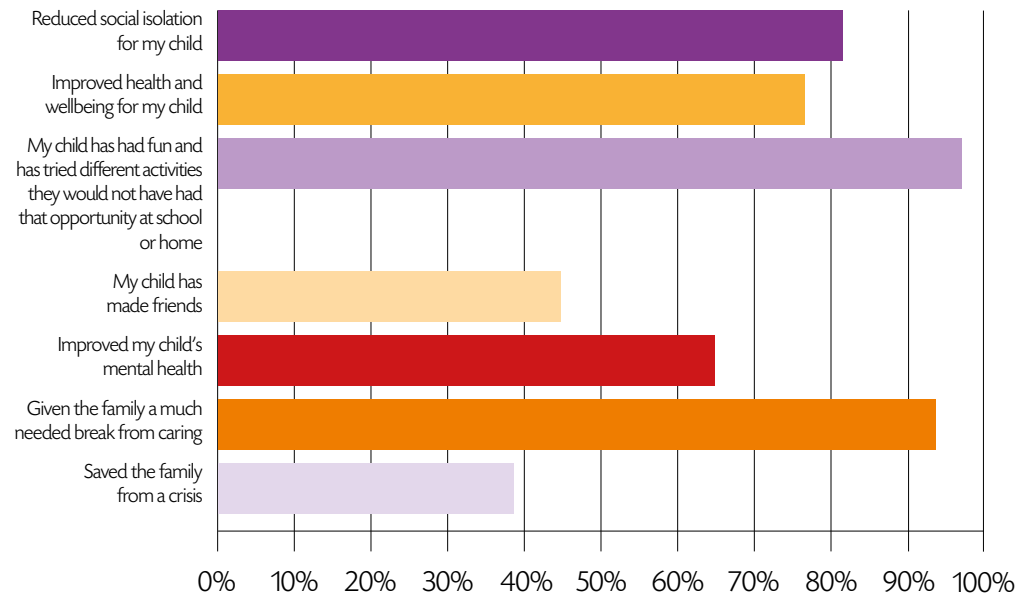
**Answer choices**

- Social isolation for my young person
- No break or respite for our family
- No opportunity to try new activities
- Reduced opportunity for my young person to make friends
- Reduced health and wellbeing

**Responses**

- 68%
- 80%
- 58%
- 74%
- 49%

When we secured the funding for Kids Camp we said we deliver the following outcomes for your child. Is this true?



**Answer choices**

- Reduced social isolation for my child
- Improved health and wellbeing for my child
- My child has had fun and has tried different activities they would not have had that opportunity at school or home
- My child has made friends
- Improved my child's mental health
- Given the family a much needed break from caring
- Saved the family from a crisis

**Responses**

- 81%
- 77%
- 97%
- 45%
- 65%
- 94%
- 39%

Would you use Beams for this service again next year?

**100%** said yes

## CASE STUDY

# Beatrice's Story



## Beams gives Beatrice a chance to shine.

Amber and Trevor live with their three daughters Alice, Charlotte, and Beatrice, along with their much-loved Cockerpool, Ruby.

Their youngest daughter, Beatrice who is 12 years old, has Down syndrome. Beatrice's radiance shines bright; she is very cheerful with a big personality and a love for drama and performing. Her favourite show is Strictly Come Dancing, and she is a huge fan of Ellie Goldstein. Beatrice also loves McDonald's, Hula Hoops, and spending time with others, she is happiest when she is surrounded by people.

Life with Down syndrome brings daily challenges. Beatrice experiences significant pain when walking due to hypermobility, flat feet, and foot aversion. This greatly affects her mobility and limits what the family can do together, especially on outings that involve extended walking. She often needs a wheelchair to help her get around more comfortably.

In addition to physical challenges, Beatrice has speech and language difficulties. She sometimes uses sign language to communicate, but is often hard for others to understand. Her family frequently steps in to translate. She also struggles with fine motor skills, which makes personal hygiene and self-care more difficult for her. Socially, she finds it hard to make friends and relies heavily on her older sisters for play and companionship.

Despite these challenges, Beatrice loves school and gives her all to her learning. She is a happy and determined young girl who brings joy to those around her.

Amber first heard about We Are Beams shortly after Beatrice was born. The hospital referred her to a local support group called Little Buddies, who introduced her to the vital care services Beams provides. Since then, Beams has become an essential part of the family's life, especially during the school holidays, when access to consistent, supportive care is limited.

Beams offers Beatrice a wide range of respite services, including Short Break holiday activities and family events, which allow Beatrice to experience independence, make friends, and enjoy new activities in a safe and inclusive environment.

Beams doesn't just benefit Beatrice, their wrap around services make a real difference for the whole family. The respite support gives Amber and Trevor time to rest and recharge, and allows them to spend much needed quality time with Alice and Charlotte.

**Beams gives Beatrice the chance to shine in her own space, to be independent, to build friendships, and to take part in experiences that help her grow in confidence.**

Beatrice's Mum Amber says *"Beams is very important to us as a family, the respite care and summer holiday clubs allow Beatrice to take part in activities that she can't always access. It's a wonderful service!"*

# Parent comments

*"This is the only opportunity my son has to enjoy a kids club during the 6 week holidays. There are no other clubs available to him. This offers him some variety otherwise he spends every day with his parents. As working parents this is a huge help as we simply don't have 6 weeks annual leave to take"*

*"Using this service has been so supportive and improved our family's life, thank you so much to all involved"*

*"Beams play schemes makes such a difference to my child's life in the holiday"*

*"My son gets so anxious and won't go to other holiday clubs, it is so amazing for him to be with similar peers and be himself"*

*"A day out for my son at Beams gives him some self-confidence that he can do something without me as well as giving him independence. He is always so happy after a trip with Beams. Thank you for all you do"*

*"Amazing team, my son always comes back from trips having had so much fun"*

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