

“ Voices of Our Young People

“It was great to have a break when I needed it most. The staff really listened, and I felt safe and cared for the whole time.” – Sarah, 15

“It was nice to have some time away in a safe place. The staff were easy to talk to, and they helped me work through a lot of stuff.” – Liam, 12

“I was nervous at first, but everyone was so kind. It gave me the space I needed to recharge and feel more positive about things.” – Emma, 17

“The activities were really fun, and it gave me time to think and relax. I didn’t feel so alone after talking to the staff and other young people.” – Jake, 13

Discover More: Scan Here!



About Extern

Extern is a charity that works with partners across the island of Ireland to support people who have diverse needs. We work with young people and their families/carers.

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Extern is a registered charity in Northern Ireland
Registered with the Charity Commission for Northern Ireland
NIC105869



Short Stay Break Service

Information For Young People

 www.extern.org

extern
CHANGING LIVES EVERY DAY

What is the Short Stay Break Service?

The Extern Short Stay Break Service gives you a chance to take a break when you need it most. Whether it's planned ahead or in an emergency, we offer a fun and safe place for young people aged 7-17.

How It Works

If you ever need a break, your social worker can refer you to the Short Stay Break Service. This makes sure everything is handled smoothly and that you get the help you need.

Why It's Important

While you stay with us, your social worker and caregivers have the time to figure out what's causing your stress and connect you to the right support networks. It's all about making sure you get the help you need to feel better.

What We Offer

Our service is a place where you can:

- Feel safe and supported Take time to think
- about what you're going through Try out fun activities and new experiences Rest
- and recharge supported by caring staff
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What happens on the programme

Activities

You will have an opportunity to participate in indoor and outdoor activities that you like to do.

Individual Work

This is an opportunity for you to talk with your key worker about challenges you may be having and talk about what solutions will work best for you. It can also be about helping you organise things in your life e.g. your education, friendships and home etc.

Group sessions

We offer group sessions that include activities, planned outings, and discussions on various topics that you want to talk about. These sessions provide a supportive environment for connection and engagement.

Overnights

A residential break away for 3 nights which take place in Extern's Roscor youth centre in Fermanagh. Engaging and learning new life-skills are a big part of the residential.

Evaluations

What you think about the service matters to us and it is important to listen to your views. This is part of the evaluation process and we encourage you to take part.

If you agree to get involved

Step 1: Referral by a Social Worker

To access our Short Stay Break Service, your social worker must make a referral. If you need extra support or a break, they will arrange everything for you, ensuring your needs are understood.

Step 2: Prioritising Your Needs

We work closely with social workers to ensure your needs are prioritised. The referral process is smooth, ensuring you get the support you need without added stress.

Step 3: Meet Our Staff

After your referral, you'll have the chance to meet with our friendly staff. Together, you'll discuss what support you need and agree on a plan that works for you.

Step 4: Plan Your Stay

Once you've agreed on the plan, our staff will help you arrange your stay at Roscor, covering everything from your arrival to activities for a supportive experience.

