FAMILY LIFE AND WELLBEING

Family Break and Days Out Planner

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A practical planner for days out and short family breaks, with access, sensory load and a clear way home built in.

This is a planning tool, not a travel guide and not a recommendation of any venue.

Who this is for

Families who want to plan a trip or a quieter day out with fewer surprises.

What is inside

- A planning checklist
- A now-and-next for the day
- A packing and backup page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Plan the day, and plan the exit

A good plan often includes: what the day is for, how long you will stay, where the quieter spaces or toilets are, what you will take, and how you will leave if it becomes too much. Permission to cut a trip short is part of the plan, not a failure.

Where we might go

Date or time of day

Who is coming

The main steps of the day, in order

Things that might be hard (queues, noise, parking, waiting, food)

What would make it more possible (a quieter time, a badge, a familiar snack, a short first visit)

How we will leave or take a break, and the words we will use

A simple board for the day

Use this on the way out or during the trip.

NOW

Place a card or write here

NEXT

Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

Packing and backup

- [ ] Familiar food and drink
- [ ] Sensory or comfort items that already help
- [ ] A visual, ticket, or photo of where we are going, if that helps rather than hinders
- [ ] A plan for toilets, parking, and a quieter space
- [ ] A way to get home earlier than planned

After the day: what helped, and what we would change next time

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family life and wellbeing resources
- Your GP, a local carers' service, or social care, if you need support
- Your local SENDIASS or short-breaks / local-offer pages, if relevant

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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