

## Specialist or Social Care Provisions

### Innovations Durham

#### **General Information:**

Innovations provides a day service for adults with a learning disability. Services are available to enable access to leisure facilities, educational opportunities, health and wellbeing services and employability activities. All activities are tailored to support individual needs. The programmes available aim to be adapted to suit individual needs and goals or aspirations.

Taster days are available for those interested in the service. Courses available can include Healthy Cooking, Shopping on a budget and Arts and Crafts.

For more information, contact Innovations on: **01388 777600** or visit <https://innovations-opportunities.co.uk/>



### Ethicare

#### **General Information:**

Ethicare are a person-centered service offering day care and supported living services. These are available to those over 18 with learning disabilities.

Ethicare offer a range of activities including: Budgeting, Life Skills, Personal Development,

Employability and Health Awareness. All the activities are delivered in a way that aims to increase an individual's independence. There are 3 locations around Durham which provide day support. One of the sites is a Community Therapeutic Garden and another offers a Café run by one of the support workers with the support of the service users who access the day provision.

For more information, contact Ethicare on: **07753430515** or visit: <http://www.ethicaredurham.co.uk/>



**Ethicare (Durham) Ltd**

### Learning for Life

#### **General Information:**

Learning for Life is a Northeast provider of education and social care services for children and adults aged 16 plus who have a diverse range of complex needs and disabilities. They operate from three sites, one in Consett, County Durham and two in Newcastle Upon Tyne – Disability North and John Marley Centre. They strive to support all learners and their families to break down the barriers to learning and prepare all attending for adulthood.

They also aim to empower all learners regardless of disability to understand they have a voice and to make their own choices. The learners have the opportunity to engage in a range of activities including employability, independent living, community activities, health and wellbeing, horticulture, music, makaton, cookery and pottery.



For more information, contact Learning for Life on: **01207 509936** (Consett or Newcastle Site) or visit: <https://www.learninglife.org.uk/>

## **Durham Pathways**

### **General Information:**

Pathways is designed specifically for young people and adults with complex care and support needs. There are 5 centres across the Durham Area. Pathways aims for a multiagency approach working with therapists such as Speech and Language Therapists and Occupational Therapists. Access to this service is through a Care Co-ordinator. The programmes are individualised and offer a range of therapies and activities such as Rebound, Reiki, Interactive Music and Drama, Cookery sessions and Hydrotherapy. Pathways aim to continuously update their offer to reflect the interests of those who attend. Preparation for Adulthood is also a key focus of their approach.

For more information contact your nearest hub on:

**Durham Pathways 03000 264 850**

**Peterlee Pathways 03000 266 559**

**Newton Aycliffe Pathways 03000 264 841 / 264 842**

**Spennymoor Pathways 03000 267 483**

**Stanley Pathways 03000 263 385 / 263 386**



## **TinArts**

### **General Information:**

Tin Arts is a dance company who aim to create a world in which everyone has access to the Arts. They offer a range of dance programmes for children and young people with a range of needs and disabilities from aged 2 to 25 years old. Tin

# TINARTS

Arts have a weekly dance training programme called GeTin2Dance for those who are 18+ and have autism or a learning disability. This programme regularly works towards public performances too. GeTin2Dance aims to improve physical fitness, improve mental wellbeing, increase confidence and allow those who attend to share their talents with others. All activities are led by specially trained dance artists and are fully supported by trained support workers.

For more information, contact Tin Arts on: **0300 1240448** or email: [info@tinarts.co.uk](mailto:info@tinarts.co.uk)