



Alan Shearer Short Break Centre Newcastle upon Tyne



Alan Shearer Short Break Centre
West Denton Newcastle upon Tyne NE15 7LT

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Welcome

Welcome to the Alan Shearer Short Break Centre, a specialised short break service for children and adults with physical and learning disabilities, autism and Asperger's syndrome. Our guests can visit for as long as they wish, choosing to enjoy a weekend, mid-week break or a longer holiday with us.

During their stay at the Centre, our guests will find a wide range of indoor and outdoor activities on offer, and the ongoing support and assistance from our highly-trained staff will enable guests to relax, have fun and enjoy their short break.



If you have any questions regarding the Alan Shearer Short Break Centre that have not been answered in this brochure, please do not hesitate to contact me.

Best wishes,

Carol

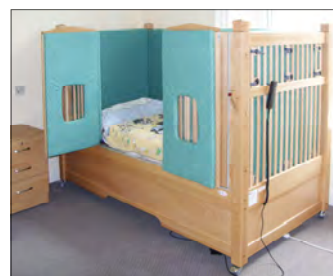
Carol Harrison, Registered Manager

Our Aim

Our aim is to create an enabling, not disabling, environment which recognises and respects people as individuals who have rights, needs and responsibilities, facilitating personal choice for growth and independence. Our bespoke specialised short breaks are tailored for each individual and their needs, and we aim to deliver our service in a happy, stimulating and safe environment.

Accommodation

The Short Break Centre offers 10 bedrooms, each with a colour television as well as its own temperature control and call system. The rooms are double glazed and sound proofed for added comfort and safety. Guests are encouraged to bring their own items to personalise their stay such as favourite blankets, pictures and toys, and are given a choice of bedding colours and styles on arrival to suit their mood and taste.



A state of the art hoist and tracking system connects several bedrooms with a large bathroom, complete with fully adapted equipment for those guests who are less mobile. Additional facilities are available for guests who need high levels of care and supervision to enable them to enjoy a planned break tailored to their individual needs, and we are continuing to invest in new equipment to ensure our guests have a relaxing, enjoyable stay. Recently, in response to a recommendation from one of our guests, we purchased the new Caldey Colt specialist bed system (pictured above) which is made to offer greater comfort to those who have difficulty controlling their movement at night.



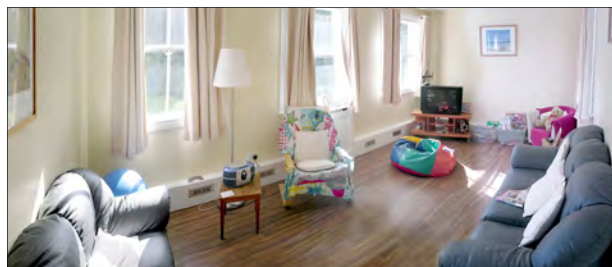
Staff

The Alan Shearer Short Break Centre is run by Manager Carol Harrison, and a team of 20 expert staff working closely with our guests to ensure a safe and happy stay. All staff have specialised training which includes working with children and adults with a diagnosis of autism and Aspergers syndrome, and this training equips staff to manage challenging behaviour. All members of the team possess the nationally recognised Learning Disability Qualification and are trained as a minimum, to NVQ level 3 in Health and Social Care for adults, children and young people.

Specialised training is accessed by all staff, and managed through the development of St Cuthberts Care's workforce induction and training programme. The ongoing programme is robust and equips our staff with the skills and understanding necessary in working alongside people with highly complex needs.

Facilities and Activities

The Alan Shearer Short Break Centre has a bright, airy and spacious communal lounge with a range of comfortable seating and a number of games to play. Incorporated into the room is an informal dining area which shares the delightful views onto the landscaped gardens, wooded areas and lawns. Part of the room is neutral and relaxing while the dining area is decorated with guests' own artwork, displaying stimulating and educational posters.



Outdoor activities take place in our Woodland Walk area, a sensitively landscaped garden enabling wheelchair access to the seating areas and bird feeders. We provide organised events and trips to local attractions and surrounding areas, as well as visits to the cinema, bowling alley and shopping centres. Guests can attend organised outings, or can use the centre as a base whilst visiting the local area independently. The Short Break Centre also offers a large range of in-house activities such as arts and crafts, as well as full use of the downstairs Alan Shearer Activity Centre. The Activity Centre facilities include a giant indoor ball pool, hydrotherapy pool, music room, crafts room and three sensory rooms.



Our guests are welcome to participate in as many or as few activities as they wish. Staff support is available at all times, assisting guests to build on self confidence and self esteem. The welfare and rights of all guests are paramount at all times with support given to ensure dignity, privacy and respect.

Although there is not a separate phone for guests to use, the main line is always available to them and is hands-free so they can choose to go to a private area if they wish. Staff will be available to support this if required.

Individual Care and Support

Each guest at the Alan Shearer Short Break Centre is assigned a key worker which helps to build trust and continuity with every stay. The key worker not only offers personal support and assistance to the guest at the Centre, but also provides peace of mind for the families and carers so that they too can enjoy a well-earned break.

With our support, each guest completes a bespoke short-break plan to aid their time at the Centre. The plan includes specific dietary, medical and personal requirements that the guest may have and ensures the short-break is tailored to meet their needs.

We encourage all guests, their families and their health professionals to contribute to their plan and make informed choices about the care they receive. All care plans are created based on the guests' individuality, respecting their privacy, confidentiality, diversity and equality. We encourage our guests to enjoy their visit by providing new experiences in an environment which is both stimulating and therapeutic.

Meals

We offer a varied and nutritious diet at the Alan Shearer Short Break Centre. We actively encourage independence and therefore ensure that, wherever possible, guests are able to assist with the preparation of meals. Alternative options are always available for those who can't eat the main choice or would prefer to eat separately.

Health and Medication

If a guest becomes ill during their stay, parents and/or carers will be contacted immediately. If possible we would prefer that the guest is collected, however, in an emergency, we would seek advice from a local GP, hospital or NHS Direct. Where appropriate staff will support guests to self-administer medication. If any change in prescription occurs the Short Break Centre must receive a copy of authorisation from the GP.

Fees and Information

Our fees start from £200 per night and vary depending on the time of week and the assessed need of the guest. Assistance is available via direct payments, independent Service Level Agreements or through other organisations. Please refer to the enclosed documents for further details.

Quality Assurance

The Alan Shearer Short Break Centre is inspected on a monthly basis by St Cuthberts Care, and we receive external inspections by both CQC and Ofsted on an annual basis. For details on our policies and procedures, as well as information on regulations set by CQC and Ofsted, please contact the Alan Shearer Short Break Centre.

How to Find Us

Please contact us if you require more detailed directions.

By car from the A1

Take the turning for the A69 signposted towards Hexham off the A1 motorway.

Pass under two footbridges and after the second bridge take the slip road signposted Lemington. At the roundabout take the first exit onto Union Hall Road signposted Lemington Cemetery & Village.

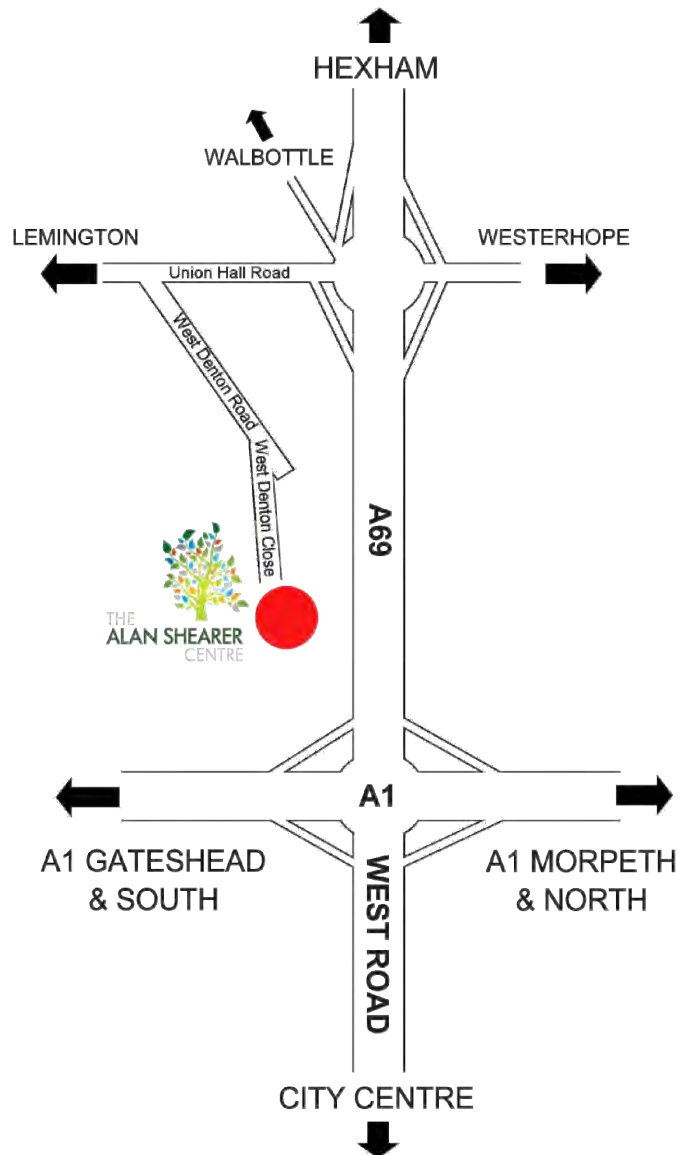
Turn left at the traffic lights onto West Denton Road signposted Claremont Avenue and continue on this road all the way down to into the entrance for the Centre.

By bus from Newcastle city centre

There is a bus stop outside the Centre. Numbers 10, 39, 40, 684 and X82 stop here. Ask for the Alan Shearer Centre or the stop before Lemington Road Ends.

By Train

Newcastle Central is the nearest station. There are taxi ranks outside the station or you can take bus number 10 (see above).



Further information on the full range of children's services provided by St Cuthberts Care can be obtained from **Sheila Errington, Director of Developments, St Cuthberts Care**

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St Cuthberts Care

Enabling People