

How to Find Us

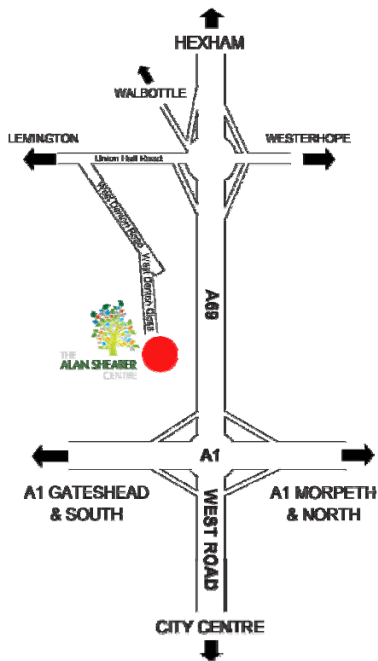
By car from the A1

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 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).

Please contact us if you require more detailed directions or help organising transport.



THE ALAN SHEARER SHORT BREAK CENTRE

West Denton • Newcastle upon Tyne • NE15 7LT

Tel: 0191 267 8128 • Fax: 0191 264 8925

E-mail: shortbreak@alanshearercentre.org.uk

www.alanshearershortbreakcentre.org.uk



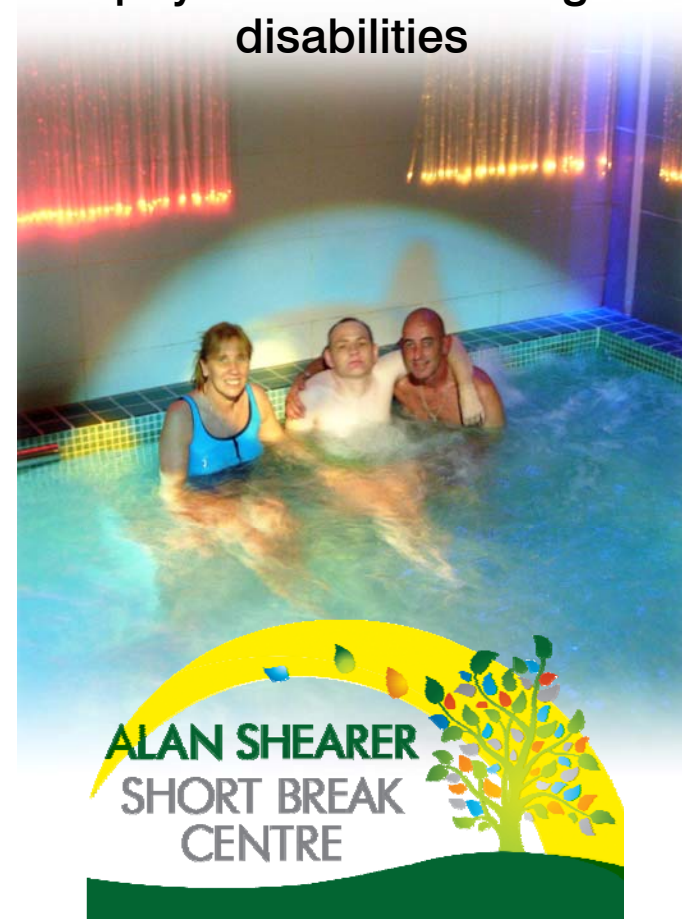
St Cuthberts House • West Road • Newcastle upon Tyne • NE15 7PY
Telephone: 0191 228 0111 • Email: enquiries@stcuthbertscare.org.uk

Registered Charity No. 512912

www.stcuthbertscare.org.uk

Specialised respite care

for adults and children with
physical and learning
disabilities



ALAN SHEARER
SHORT BREAK
CENTRE

Free Mind Free Body Free Choice

Part of  St Cuthberts Care Enabling People

The Alan Shearer Short Break Centre enables people with a disability to spend time in a setting which provides leisure, relaxation and therapeutic opportunities

The Alan Shearer Short Break Centre offers planned specialised breaks for children and adults with physical and learning disabilities, autism and Asperger's syndrome.

Guests can visit for as long as they wish, choosing to enjoy a weekend, midweek break or longer holiday. A full assessment of needs, abilities and preferences is completed prior to the first planned stay. During a short break visit, guests can enjoy free access to the Alan Shearer Activity Centre, which includes:

- Hydrotherapy Pool
- Giant Ball Pool
- Sensory Rooms
- Craft Room
- Music Room
- Landscaped gardens and adapted play areas

Facilities at the Short Break Centre include specialised beds, adapted bathrooms and hoist and tracking systems. All rooms are en-suite. Personalised care plans tailored to the specific needs of each guest coupled with our highly skilled and friendly staff ensure guests' stays are enjoyed to the full.

Advice on funding sources

Sheila Errington, Director of Developments, will be happy to assist with funding queries or to discuss any other issues you may have in relation to short breaks. Sheila can be contacted on 0191 228 0111 and will be delighted to help.



NEW FOR
2011

Gold
Card
Membership



Guests who already use the Alan Shearer Short Break Centre might be entitled to the benefits offered by the **Alan Shearer Short Break Gold Card.**

The holder of one of our Gold Cards will be eligible to:

- **FREE** access to all facilities at the Alan Shearer Activity Centre at any time subject to booking and availability
- **FREE** access to the hydrotherapy pool
- **FREE** access to organised events
- **FREE** access to the Centre's outdoor gardens and adapted play areas
- **FREE** cup of coffee at Browne's every time you use your Gold Membership Card

No other short break provision offers such extensive facilities and with your Gold Card Membership you can now enjoy priority benefits of the Activity Centre outside of your short break stays.

For more information, call Carol Harrison on

0191 267 8128

www.alanshearershortbreakcentre.org