

Short Break Support

What can we do for you?

We offer a day time short-break service in a pleasant setting for people with complex physical disabilities or a long term condition. You would be assessed for this service and a charge may apply.

What will you get from the service?

- You will find a safe environment with user friendly equipment, and support workers who will enable you to have a short daytime break away from home.
- Your carer will also be able to have a break and be confident that you are safe and well supported. We will discuss with you and your carer what support you require and the times that you attend - we will do our best to offer flexible times to suit your lifestyle.
- A named support worker will discuss with you how you wish to spend your time and maintain your general well being whilst at the centre
- A healthy mid-day meal is offered with a varied menu, and refreshments are available through out the day.

How can this be done?

Your care manager will discuss your options with you and your carer, if you would like to know more a visit to the centre can be arranged. Following this you can have a trial day to help you decide if you would like to ask to use the service. If you decide to ask for this service, we will discuss with you how

we can help you, taking into account your assessed needs and if they can be met.

What can you expect to get from the Service?

- A pleasant environment where you will have choices and you will be encouraged to be as independent as possible.
- A team of trained support workers to assist you with any personal needs or medication that you are not able to manage yourself.
- Access to information and computers. We will advise and help you to make contact with other organisations or services if you need their services.
- The opportunity to learn new skills or regain previous ones which can help to build your confidence and self- esteem.
- The opportunity to socialise with other people and enjoy their company.
- You can join in group or self directed activities
- Advice on how to access health and well being services, e.g. Occupational Therapists, physiotherapists, health practitioners and specialist nurses.
- An opportunity to relax, or talk to a support worker if you need a listening ear.

Contacting the Service:

If you would like more information you can contact your local service at the address nearest to you below or speak to your care manager.

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