Resources for Non Bed-Based Short Break Options

in

Craigavon & Banbridge Locality

Short Breaks Event 25.11.22 in Jethro Centre, Lurgan

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Organisation/team/group name		Fit 4 U 2 – SHSCT
Contact details	Named person(s)	Rhonda Richardson Fit 4 U 2 - SHSCT
	Telephone number(s)	077 8743 4256
	Email address	Rhonda.richardson@southerntrust.hscni.net
Opportunities available to service users/carers		

Fit 4 U 2 takes place in:-

	Banbridge Leisure Centre	Tues am
	Dungannon Leisure Centre	Tues pm
	Craigavon Leisure Centre	Wed am
	Newry Leisure Centre	Wed pm
	Orchard Leisure Centre, Armagh	Thurs am

Who is Fit 4 U 2 for?

Adults (aged 18 plus) who have a learning disability and live in the Southern Trust area.

Contact:-
Rhonda Richardson
FIT 4 U Co-ordinator
Southern Health & Social Care Trust

028 3756 4490

Rhonda.richardson@southerntrust.hscni.net

Fit 4 U 2 is funded by Public Health Agency and led by the Southern Health and Social Care Trust, in partnership with other organisations.

Description & location(s) of Opportunity	Please provide detail/attach literature to return email Fit 4 U 2 provides day-time physical activity opportunities with adults with a learning disability in 5 Leisure Centres across the Southern Trust. This includes Banbridge Leisure Centre, Dungannon Leisure Centre, South Lake Leisure Centre, Newry Leisure Centre and Orchard Leisure Centre.

Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.	Fit 4 U 2 sessions take place weekly in each Leisure Centre. Banbridge Leisure Centre – Tuesday - 11:30 am to 12:30 pm Dungannon Leisure Centre – Tuesday – 2:00 pm to 3:00 pm South Lake Leisure Centre – Wednesday – 10:00 am to 11:00 am Newry Leisure Centre – Wednesday – 2:00 pm to 3:00 pm Orchard Leisure Centre – Thursday – 12:15 pm to 1:15 pm	
Criteria to access *Please select as appropriate*	Referral from SHSCT Adult Learning Disability Team Case Manager.	Other. Please detail.
Cost is there a cost to access this service	No	Please provide relevant detail/application process
Transport *Please select as appropriate*	All participants make own transport arrangements	If provided, please provide details how to access/application process
Other relevant information *Please detail other information participants/carers need to be made aware of*		
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; Rhonda Richardson Fit 4 U Co-ordinator Promoting Wellbeing Division Ward 1, St Luke's Site, Loughgall Road, Armagh, BT61 7NQ,Tel: 028 3756 4490, Mob: 077 8743 4256 Email: Rhonda.richardson@southerntrust.hscni.net	

Organisation/team/group name		Positive Directions Programme
Contact details	Named person(s)	Richard Gough - Positive Directions Programme
	Telephone number(s)	02830898119
	Email address	Richard.gough@clanryegroup.com
Opportunities available to service users/carers		
Description & location(s) of Opportunity	Please provide detail/attach literature to return email Positive Directions: https://clanryegroup.com/services/training-qualifications/positive-directions/	

	We also have an independent Living Group as part of our Positive Directions programme. Who support participants with more complex needs with the following · Health and Wellbeing · Social Inclusion · Personal Development · Individually paced learning · Independent Living Skills · Developing ICT skills · Project work and enrichment activities · Work placement and volunteering opportunities	
Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.	Positive Directions and Independent living are funded until March 2023 Positive Directions, individually paced learning. Attendance is agreed with each participant, in line with their needs. Independent Living is 1 day per week from 9.30- 3pm at the following locations Monday – Portadown Mayfair Centre Tuesday – Newry – Drumalane Mill The Quays Wednesday – Armagh Business Centre	
Criteria to access *Please select as appropriate*	referral from SHSCT/ Self-Referral	Other. Please detail. Criteria – Not in full-time education or employment, 16-65, disability or long term health condition. Independent Living Group – SHSCT spaces available
Cost is there a cost to access this service	No	Please provide relevant detail/application process Contact: Elaine.hanna@clanryegroup to progress referral
Transport *Please select as appropriate*	Carer to use own transport	If provided, please provide details how to access/application process
Other relevant information *Please detail other information*		

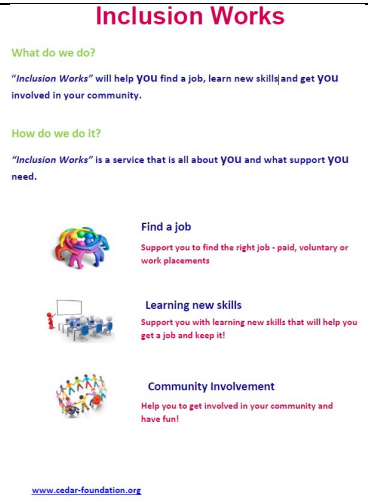
participants/carers need to be made aware of	
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; Claire.convery@clanryegroup.com Jude.keenan@clanryegroup.com Richard.gough@clanryegroup.com

Organisation/team/group name		Carers First
Contact details	Named person(s)	Maeve Murphy – Carers First
	Telephone number(s)	02830898119
	Email address	Maeve.murphy@clanryegroup.com
Opportunities available to service users/carer		
Description & location(s) of Opportunity	Please provide detail/attach literature to return email https://clanryegroup.com/services/health-wellbeing/carers-first/	

Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.	Carer's First program provides an individually assessed and tailored support plan.	
Criteria to access *Please select as appropriate*	referral from SHSCT/ Self-Referral	Other. Please detail. Eligibility is unpaid carer, providing significant care for family or friend residing in the Southern Health and Social Care Trust areas, including, Armagh & Dungannon, Craigavon & Banbridge and Newry & Mourne.
Cost is there a cost to access this service	No	Please provide relevant detail/application process
Transport *Please select as appropriate*	Carer to use own transport	If provided, please provide details how to access/application process:
Other relevant information *Please detail other information participants/carers need to be made aware of*		
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; Maeve.murphy@clanryegroup.com Jude.keenan@clanryegroup.com Claire.convery@clanryegroup.com	

Organisation/team/group name		The Appleby Trust
Contact details	Named person(s)	Elaine Leonard
	Telephone number(s)	07881587752
	Email address	Elaine.leonard@theapplebytrust.co.uk
Opportunities available to service users/carers		
Description & location(s) of Opportunity	Please provide detail/attach literature to return email Print It Lurgan and Print It Banbridge as well as supported employment in the community	

Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.	All our programmes for learning disability are two years- placements in the Print It locations run from 10-3 each day while placements in supported employment are dependent on the work place	
Criteria to access *Please select as appropriate*	referral from SHSCT/ Self-Referral	Other. Please detail. Referral is via SHSCT community learning disability team or transition team
Cost is there a cost to access this service	Yes/no	Please provide relevant detail/application process no
Transport *Please select as appropriate*	Provided /carer to use own transport	If provided, please provide details how to access/application process Own transport
Other relevant information *Please detail other information participants/carers need to be made aware of*		
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; Elaine Leonard- 07881587752 1-2 Rokeby Green Armagh	

Organisation/team/group name		The Cedar Foundation
Contact details	Named person(s)	Danielle Beaver & Natalie Archer
	Telephone number(s)	07554 758 106 (DB) / 07879 609 894 (NA)
	Email address	d.beaver@cedar-foundation.org / n.archer@cedar-foundation.org
Opportunities available to service users/carers		 **Inclusion Works** What do we do? *"Inclusion Works"* will help you find a job, learn new skills and get you involved in your community. How do we do it? *"Inclusion Works"* is a service that is all about you and what support you need. Find a job Support you to find the right job - paid, voluntary or work placements Learning new skills Support you with learning new skills that will help you get a job and keep it! Community Involvement Help you to get involved in your community and have fun! www.cedar-foundation.org Social Inclusion Work Placement Paid Work Training
Description & location(s) of Opportunity	Whole of the Southern Trust Area	

Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.	2 year programme	
Criteria to access *Please select as appropriate*	referral from SHSCT	Other. Please detail.
Cost is there a cost to access this service	No	Please provide relevant detail/application process
Transport *Please select as appropriate*	Provided on a needs assessed basis / carer to use own transport	If provided, please provide details how to access/application process
Other relevant information *Please detail other information participants/carers need to be made aware of*		
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below;	

Organisation/team/group name		VERVE - SHSCT
Contact details	Named person(s)	Emma Daly
	Telephone number(s)	07513869077
	Email address	emma.daly@southerntrust.hscni.net
Opportunities available to service users/carers		
Description & location(s) of Opportunity	Community health improvement officer attending on behalf of SHSCT to provide information and resources around promoting wellbeing and home accident prevention.	
Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.		
Criteria to access *Please select as appropriate*	referral from SHSCT/ Self-Referral	Other. Please detail.
Cost is there a cost to access this service	no	Please provide relevant detail/application process
Transport *Please select as appropriate*	none	If provided, please provide details how to access/application process

Other relevant information *Please detail other information participants/carers need to be made aware of*		
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; Yes we would like to be added to mailing list Verve.network@southerntrust.hscni.net	

Organisation/team/group name		Lurgan Junior Gateway
Contact details	Named person(s)	Kim Orr and Deb McCord
	Telephone number(s)	07921630877
	Email address	philippaclloyd@hotmail.com
Opportunities available to service users/carers		Youth club, weekly. We also organise trips out, summer schemes and Easter activities.
Description & location(s) of Opportunity		 Links hub at Emanuel Church, Church Lane
Duration & time		Weekly Youth Club runs 6 – 7pm.

(e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.		
Criteria to access *Please select as appropriate*	No	Other. Please detail. We allow the whole family to come along. We have an open door policy for children under 18.
Cost is there a cost to access this service	Yes	Please provide relevant detail/application process £3 per family weekly - £ is annually.
Transport *Please select as appropriate*	none	If provided, please provide details how to access/application process
Other relevant information *Please detail other information participants/carers need to be made aware of*	Parents/carers must be present with child.	
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; No.	

Organisation/team/group name		Leonard Cheshire Disability (floating support services)
Contact details	Named person(s)	Liz Connor
	Telephone number(s)	02838321843
	Email address	Elizabeth.kerr@leonardcheshire.org
Opportunities available to service users/carers		• **Be Aged 18+** • **Have a physical/sensory disability or and / or acquired brain injury** • **Have support needs that can be met by the service** • **<u>Require the housing related support available in the service</u>** • **Live within the Southern Trust area**
Description & location(s) of Opportunity	Please provide detail/attach literature to return email Our services cover the Southern Trust area	
Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.	We can work with service users for up to two years. This is usually on a weekly basis.	
Criteria to access *Please select as appropriate*	referral from SHSCT/ Self-Referral	Other. Please detail. GP/Medical professional
Cost	no	Please provide relevant detail/application process

is there a cost to access this service		Please return our application form with the risk assessment completed by a medical professional.
Transport *Please select as appropriate*	carer to use own transport	If provided, please provide details how to access/application process
Other relevant information *Please detail other information participants/carers need to be made aware of*		
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; Elizabeth.kerr@leonardcheshire.org	

Organisation/team/group name		Mae Murray Foundation
Contact details	Named person(s)	Pippa Campbell
	Telephone number(s)	0751 093 1904
	Email address	comdev@maemurrayfoundation.org
Opportunities available to service users/carers		
Description & location(s) of Opportunity	Please provide detail/attach literature to return email Inclusive Beaches are set up to allow everyone access to the beach – there are 5 Inclusive Beaches across Northern Ireland – Benone, Portrush East Strand, Portstewart, Cranfield and Groomsport. Inclusive Beaches take care of all access requirements from Changing places or Changing Places standard toileting and changing, parking, to specialist equipment to access the sand and / or water (floating chairs are only provided at RNLI patrolled beaches). Membership is free, as is booking the equipment. Members can also take part in lots of other activities. There are lots of free activities organised at the beaches too for members, from surfing to music, yoga and open water swimming.	
Duration & time (e.g; 6-week programme/6months/yr etc.) Please provide details of start/end times.	Seasons vary from beach to beach, visit www.maemurrayfoundation.org/inclusive-beaches for full information	

Criteria to access *Please select as appropriate*	referral from SHSCT/ Self-Referral	Other. Please detail. Must be members of Mae Murray Foundation, which is free. Group days out can also be arranged with Community Development Officers, simply become Affiliate members to access for free.
Cost is there a cost to access this service	Yes/no	Please provide relevant detail/application process No cost to join or use equipment.
Transport *Please select as appropriate*	Provided /carer to use own transport	If provided, please provide details how to access/application process
Other relevant information *Please detail other information participants/carers need to be made aware of*		
Future opportunities	Would you/your organisation like to be connected with other organisations/groups who are interested in developing opportunities for carers of and/or adults with a Learning Disability within your area? Adult Learning Disability Carer Consultants would like to help support and develop this. Please provide contact details below; Pippa Campbell / Pauline Hunter-Graham Community Development Officers Pippa 0751 093 1904 for Northern Area beaches Pauline 0751 382 6155 for beaches south of Belfast	

Other Resources

Armagh Banbridge & Craigavon Borough Council

GET SET TO ACCESS ALL AREAS

We are committed to working closely with statutory partners and local groups to provide quality opportunities for people with disabilities across the borough, to lead active and healthy lives.

Our partners, Disability Sport NI offer a range of programmes:

ALL OUT TREKKING
GOSFORD FOREST PARK

An inclusive outdoor experience for people to access the walking and mountain bike trails at Gosford Forest Park using four wheeled, battery powered buggies. Seasonal, booking required.

AUTISM AND SPORTS PROGRAMME

Inclusive opportunity for children with Autism aged 7-12 years to develop their fundamental sports skills in an environment that suits their needs. Friends and Siblings are also welcome. Facilities vary from programme to programme.

CRAIGAVON BOCCIA CLUB
SOUTH LAKE LEISURE CENTRE

The club is for anyone aged 13 years+ with a physical disability. Opportunities to play in competitive NI league.

GOGA FIT

Low intensity, inclusive fitness class, with seated and standing options, body weight, light resistance and cardio exercises. Available at various facilities.

INCLUSIVE CYCLING
SOUTH LAKE LEISURE CENTRE

Cycling sessions for families, small groups and individuals using a range of inclusive bikes. Includes an outdoor summer programme and indoor winter programme.

INCLUSIVE GYM FOR ADULTS AND TEENS

Initial induction as well as 1:1 support for up to 4 weeks, with the aim of helping clients to develop their confidence in order to continue to access the gym independently. Available at various Centres.

NORDIC WALKING
SOUTH LAKE LEISURE CENTRE

Using 90% of the muscles in the body to improve cardio fitness, develop strength, improve posture and reduce the impact on joints.

SOUTH LAKE DISABILITY SPORTS CLUB

Multi sports and leisure club for disabled adults aged 19+.

TAI CHI FOR HEALTH

Gentle exercises to improve strength, balance and coordination.

WHEELIE ACTIVE
SOUTH LAKE LEISURE CENTRE

Inclusive opportunity for children aged 4-12years with a physical disability to take part in a range of multi-sports along with a sibling and/or friends.

For more information visit
getactiveabc.com/get-moving

Disability Sport NI

Armagh City Banbridge & Craigavon Borough Council

GET ACTIVE WITH OUR ACTIVITIES

ACCESSIBLE GLAMPING
GOSFORD FOREST PARK

Pods include a level access, widened door and large internal turning space, sleeping a maximum of four people. Access to the accessible to let and shower room in the centre of the campsite.

AUTISM & ADDITIONAL NEEDS SPLASH SESSIONS
ORCHARD LEISURE CENTRE

One hour calm and quiet sessions with limited numbers in the pool. Participants may be accompanied by ONE parent, guardian or helper in the pool.

AUTISM FRIENDLY SOFT PLAY
ORCHARD LEISURE CENTRE

Gulliver's Soft Play is for tots, toddlers and children of primary school age. The Autism Friendly sessions are a calm safe space for children with Autism to have fun & relax.

DISABILITY SWIMMING
ORCHARD LEISURE CENTRE

Participants with a disability will have the opportunity to swim for FREE at their own pace within a lane allocated solely for them. A carer will be permitted FREE entry into the same lane, if the person with the disability needs assistance.

INCLUSIVE CYCLE SCHEME
SOUTH LAKE LEISURE CENTRE

A range of bikes, including trikes, hand cycles, tandems and a wheelchair transporter are available to hire by individuals, families and groups.

INCLUSIVE SNOW SPORTS
CRAIGAVON GOLF & SKI CENTRE

Sit skis and a hoist are available to enable people with reduced mobility and wheelchair users to access the slope.

MOVE MORE ARMAGH, BANBRIDGE CRAIGAVON
IN PARTNERSHIP WITH MACMILLAN

Is a physical activity project that supports people living with and beyond cancer to become and remain active. Available across all Centres.

WHEELY BOAT
SOUTH LAKE LEISURE CENTRE

A wheelchair accessible boat, comfortably fitting a maximum of 2 wheelchairs and up to 4 adults.

BE PART OF IT
getactiveabc.com

For more information visit
getactiveabc.com

Armagh City Banbridge & Craigavon Borough Council

IncredABLE

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inspire · empower · include

www.incredable.org.uk

Our Projects and Services

- Peer Outing Programme - POP (8 - 18 years)
- Youth Empowerment programme - YEP (16 - 18 years)
- incredABLE Together Youth Clubs (14 - 25 years)
- We are incredABLE Project (18 - 25 years)
- Bespoke individual & Group Support
- Adult Short Breaks (18+ years)
- incredABLE Holidays & Camping (18+ years)
- Autism Spectrum Disorder Life Skills programme (12+ years)

For more information on our projects and services please check out our incredABLE folder pack or visit

www.incredABLE.org.uk

call today: 028 3887 2111

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incredABLE individuals are empowered to make choices, discover talents, realise passions, and participate in community on their own terms. incredABLE deliver projects and services in the Southern Health and Social Care Trust Area.

Portadown Panthers