

Additional Information

Your Break

Guests can choose to participate in as many, or as few, activities as they wish, with staff support at all times. We offer creative, educational and stimulating experiences on site, including cookery, arts and crafts and walks in the fully accessible grounds, woods and gardens.

Staff will accompany guests on outings to the surrounding area of Newcastle, such as trips to the Metrocentre, the coast, Hadrian's Wall and to the cinema or bowling.

Meals

We offer a varied and healthy diet at the Centre and actively encourage guests, wherever possible, to assist with the preparation of their meals. Alternative options are always available for those who cannot eat the main choice, or would prefer to eat separately or have room service.

Evening meals are prepared on site by a professional chef and snacks and refreshments are also available during opening hours at Browne's Café situated in the Alan Shearer Activity Centre.

Fees and Information

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 individual service funds and direct payments, or through other organisations. Please ask for further details.

The Alan Shearer Foundation can fund some additional free nights for regular guests. For more information please contact Jackie Dunn on 0191 267 8128 or email jackie.dunn@stcuthbertscare.org.uk.

Booking

To arrange a short break at our Alan Shearer Short Break Centre contact Manager, Jackie Dunn, on 0191 267 8128 or email jackie.dunn@stcuthbertscare.org.uk.

The Alan Shearer Foundation's purpose is to raise at least £250,000 every year to help us to maintain our services for disabled people throughout the North East by:

- Offering a number of free and subsidised short breaks at the Alan Shearer Short Break Centre. For further information on short breaks please contact manager Jackie Dunn on 0787 0861 086.
- Continuing to support and further develop the free facilities of the adjoining Alan Shearer Activity Centre
- Enabling St Cuthberts Care to expand its disability provision across the North East



Alan Shearer
Centre
Short Break Centre
Newcastle upon Tyne

The Alan Shearer Foundation
Valuing Disability

For information
on how you can support the work
of the Foundation, please visit:
www.alanshearerfoundation.org.uk

Follow us on Twitter:
[@AlanShearerFndn](https://twitter.com/AlanShearerFndn)

Alan Shearer
Centre
Short Break Centre

Part of
St Cuthberts Care
Enabling People

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www.alanshearercentre.org.uk

Welcome to the Alan Shearer Short Break Centre



The Alan Shearer Short Break Centre is a specialised short break service for children and adults with physical and learning disabilities, autism and Asperger's syndrome.

We offer our guests a flexible break, which can start on any day of the week, with built in flexibility around length of stay. During their stay our guests will find a wide range of indoor and outdoor activities on offer, and the on-going support and assistance from our highly-trained staff will enable guests to relax, have fun and enjoy their short break.

We are keen to demonstrate the range of facilities and benefits that the Alan Shearer Short Break Centre can offer, so please call us now to arrange a tour.

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,

Jackie



Jackie Dunn
Manager

Exceptional care

We aim to create an enabling environment which both recognises and respects people as individuals who have rights, needs and responsibilities. Our team is highly experienced at working alongside people with the most complex needs.

Our staff can support guests who may require more specialist care, such as: nasal-gastric feeding, insulin management, anticonvulsant medication and extreme challenging behaviour management.

We work with families, carers and other professionals to ensure guests' breaks with us are planned, safe and fulfilling. From chilling out, to indulging in more energetic pursuits, engaging in their favourite hobbies or even trying something new and challenging the choice of break lies in the hands of the guest and their family and we will endeavour to ensure we meet these requests.

Individual Care and Support

Each of our guests is assigned a Keyworker who not only offers personal support and assistance to the guest, but also ensures peace of mind for families and carers so that they too can enjoy a well-earned break.

An individual care plan is drawn up for each guest, prior to their first planned stay to ensure we can provide appropriate care, and that we know the needs, abilities, medical requirements and preferences of all of our guests.

We encourage all guests, their families and their health professionals to contribute to our care plan, which is based on individuality, privacy, confidentiality, diversity and equality.



Accommodation

The Short Break Centre has twelve bedrooms, each with its own television, temperature control and call system. Guests are encouraged to bring their own items to personalise their stay such as favourite blankets, pictures and toys.

With adapted bathrooms and specialised beds such as Hannah Cot, profile beds and an air filled bed, we ensure our facilities are suitable for all of our guests.

In addition we have a state of the art hoist and tracking system which connects several bedrooms with a large bathroom, complete with fully adapted equipment for those guests who are less mobile.

All guests can bathe in comfort and ease due to the range of bath and shower facilities available. We have shower cubicles, adapted baths with overhead tracking, a shower trolley or chairs for use depending on each individual guest's requirements.

Unique onsite facilities

Our centre is unique as our guests have full access to the onsite facilities of the Alan Shearer Activity Centre which includes:

- Hydrotherapy pool
- Giant ball pool
- Sound & music room
- Sensory cave
- Sensory/chill-out rooms
- Adapted play areas
- Landscaped gardens with a woodland walk

To complement this, we have a range of games, DVDs, books and toys available for our guests to use during their stay.

Leisure

As well as using the on-site sensory facilities offered in the Alan Shearer Activity Centre short break guests can choose to spend time in the bright and spacious communal lounge. Here guests can play games and socialise, use our specialist, interactive "magic mirror" projector equipment or watch TV. There are also games consoles, toys, books and a hands-free telephone available for guests' use.

Staff

The Alan Shearer Short Break Centre is run by Manager Jackie Dunn, and a team of dedicated 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 Asperger's syndrome and enabling staff to manage challenging behaviour.

This specialised training is provided for all staff, and is managed through the development of St Cuthberts Care's workforce induction and training programme. This is a robust programme which ensures our staff have the skills and understanding necessary in working alongside people with highly complex needs.

