



**Breaking Through Barriers**

## **Carers Short Breaks 10 Free sessions!!**

Why not give DAD's Independent Living Hub a try?

The Hub is the place where people can do the things they want to do, with the support they need to do them, whilst their unpaid carer, or family member has a break.

Benefits to carers and parent carers:

- Reassurance that the person you care for will be in a safe, friendly environment supported by trained staff
- Peace of mind
- Time to do things for yourself, e.g. time away from your caring role, to spend time with friends and family, to go on a short course, to go shopping, to go to the gym, to go swimming, to basically do anything you want as the time is yours...



The picture above shows Ryan having fun at ROF 59 on a hub activity session

Comments from carers who have previously benefitted from these sessions are:

“It gave me more time to spend with my younger children”

“Peace of mind that my son was safe and supported”

“I cannot believe how much it has changed my son in such a short space of time, he is a lot happier, his attitude has changed and he does not get as frustrated as quickly, it has made me feel happy”

"Found it brilliant. My daughter went to the shop for the first time ever to buy ingredients for cupcakes. She was beaming."

Benefits for the person who is being cared for:

- They can spend time with others of a similar age, socialising, and learning key skills, such as cooking, travelling independently, personal care, budgeting etc
- They can spend time in a fun, friendly and safe environment



The picture above shows Kieron having fun at the park

Comments from people who have previously come to the hub whilst their carer had a short break are:

"I have better emotional and communication skills"

"I am more outgoing"

"I have learned how to get on a bus and pay for tickets"

"It was great to get me out of my boring routine"

Places are limited, and priority may be given to people who have not previously attended the Hub.

You may also be able to access the Hub following a Community Care Assessment, Children's Short Break Funding, through a Direct Payment, you can pay privately, or we could support you to look for other funding.

Contact Lynn on 01325 254840,

Or email - [Lynn.Pattison@darlingtondisability.org](mailto:Lynn.Pattison@darlingtondisability.org)

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