



## Clubs and Social Activities for Young People aged 18 years + with Additional Needs and/or Disabilities

Reviewed September 2022

The organisations and activities listed in this leaflet are for information only to support families to identify activities in and around the Borough for young people as they transition into Adulthood.

**Please note** - The organisations and activities are not endorsed by Redcar and Cleveland Borough Council.

Organisation	Information	Contact Details
<p><b>ADAMHS Day Service</b></p> <p>MyPlace North Street Middlesbrough TS2 1JP</p>	<p>ADAMHS is not a traditional day service, it is a modern environment for adults 16+ with learning disabilities and/or mental health support needs to express themselves and build relationships.</p> <p><a href="#">ADAMHS Leaflet</a></p> <p>There will be music and movies that are decided on by the group. There will be the latest games provided as a group activity using the Nintendo Switch and the Sony PlayStation. There is a Pool table, outdoor Table Tennis and we will go on regular walks outside, weather permitting. We will go out and do things like go bowling or visit the seaside.</p> <p>Activities:</p> <ul style="list-style-type: none"> <li>• Music</li> <li>• New games to include</li> <li>• Movies</li> <li>• Party themes</li> <li>• Trips out</li> <li>• Any other topics that they feel are important</li> </ul>	<p><a href="http://www.adamhs.co.uk">www.adamhs.co.uk</a></p> <p><a href="mailto:adam@adamhs.co.uk">adam@adamhs.co.uk</a></p> <p>01642 956750</p> <p>Facebook – Adamhs Day Service</p>




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<p><b>Aspire – Supporting Disabled Learning</b></p> <p>Marske</p>	<p>Based in the fantastic Zetland house in Marske-by-the-sea, Aspire offers a welcoming, safe environment and supportive environment for young adults with learning and physical disabilities. We offer a wide range of activities tailored to the needs of our individuals, aiming to improve and develop their skills in all aspects of their lives.</p> <p>We aim to improve life style choices and develop social interactions, increase community integration and encourage individuals to have fun and aspire to their full potential.</p>	<p><a href="mailto:aspire.asdl@yahoo.co.uk">aspire.asdl@yahoo.co.uk</a></p> <p>07835 829340</p> <p>Facebook – Aspire – Supporting Disabled Learning</p>
<p><b>Blooming Youth Collective</b></p> <p>The Redcar Palace 28-29 Esplanade Redcar TS10 3AE</p>	<p>Blooming Youth Collective are a peer-led young people’s group focused on community, wellbeing, diversity and friendship. We are aged between 16-24 and host sessions every Monday and occasional Saturdays. These sessions are about learning new skills and having opportunities to grow relationships.</p> <p>We have four main objectives:</p> <ul style="list-style-type: none"> <li>• To give young people the opportunity to grow their skills</li> <li>• To give young people an inclusive community platform based around their interests</li> <li>• To signpost services addressing mental health, grief, loss and to increase social and emotional resilience</li> <li>• To engage and participate young people from a range of backgrounds, focusing on accessibility and inclusion</li> </ul>	<p>01642 296536</p> <p>Facebook - Blooming Youth Collective</p> <p><a href="http://www.redcarpalace.org.uk/blooming-youth-collective/">www.redcarpalace.org.uk/blooming-youth-collective/</a></p>



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<p><b>Daisy Chain</b></p> <p>Calf Fallow Farm Calf Fallow Lane Norton Stockton on Tees TS20 1PF</p>	<p>Daisy Chain provides a range of support services to children and adults affected by autism, either with a diagnosis or who are undergoing the diagnostic process, their parents/carers and their siblings.</p> <p>Our Adult Group is for young adults aged 18-30 with a diagnosis of autism. The group is relaxed and informal, meeting on Monday evenings (6:30 – 8:30pm) &amp; Tuesday evenings (6:30 – 8:30pm). Currently this club is term-time only, however, we do run pop up adult clubs during holiday periods. The group also go on planned outings of their choosing, such as bowling, visiting a local pub or visiting a theme park.</p> <p><a href="#">Download our story brochure</a></p>	<p>01642 531248</p> <p><a href="mailto:info@daisychainproject.co.uk">info@daisychainproject.co.uk</a></p> <p><a href="#">Daisy Chain Project   Helping children and families affected by autism</a></p>
<p><b>Earthbeat Theatre Company</b></p> <p>Earthbeat Centre Old Saltburn School, Marske Road, Saltburn, TS12 1QA</p>	<p>Earthbeat is a theatre company consisting of 84 adults, each of whom has a learning disability. We provide a service that offers a range of activities designed to develop confidence, raise self-esteem and to give a sense of purpose.</p>	<p>07969 623118</p> <p><a href="mailto:earthbeat@hotmail.com">earthbeat@hotmail.com</a></p> <p><a href="#">HOME   earthbeat-theatre (earth-beat.co.uk)</a></p> <p>Facebook – Earthbeat Centre</p>
<p><b>Everyone Active Disability Swim Sessions</b></p> <p>Marske Mill Lane Saltburn by the Sea TS12 1HJ</p>	<p>Everyone Active Saltburn Leisure Centre</p> <p>Fridays 11:15am – 12:05pm</p> <p>This session is in the Teaching Pool. Sessions for all ages looking to build their water confidence. For people with disabilities or those with long term medical or health conditions.</p> <p>15 places available</p>	<p>Book via the everyone active app or call the centre 01287 623761</p>



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<p><b>Holey Molies</b></p> <p>Skelton Industrial Estate Skelton TS12 2LH</p>	<p>Disco nights for SEN Adults with Dee Jayz, Tuesday's 6:30pm, £3 per person (carers are free).</p>  <p>Disco night for SEN adults With Dee Jayz.†</p>	<p>01287 659110</p>
<p><b>MAIN</b></p> <p>16 High Force Road Riverside Park Middlesbrough TS2 1RH</p>	<p>MAIN has a mission to help local people living with a range of disabilities by giving them the skills they need to live an independent life, while having fun and making friends. Which in turn gives their parents/carers a break from their caring roles.</p> <p><b>The Finley Cooper Centre</b> Bespoke rooms for different ability groups will allow us to offer more tailored support. A sensory garden and outdoor play area will help many of our users to experience the outdoors as they've never done before and to grow their own produce on the land. State-of-the-art equipment for our sessions will enable our users to develop and learn the skills they need to live independently. Specially adapted changing areas suitable for all ages will give our users a hygienic, comfortable place to get changed in dignity.</p> <p><b>Adult Group</b> For adults who wants to meet new people and gain friendships and improve their wellbeing in the secure knowledge that a competent member of MAIN's team is always there in the background to ensure that their vulnerabilities are not exposed. Group members are encouraged to bring their own ideas for activities which are normally held one week at our purpose built facility at The Finley Cooper Centre, the alternative week in the community.</p>	<p>01642 608012</p> <p><a href="mailto:info@iammain.org.uk">info@iammain.org.uk</a></p> <p><a href="http://www.iammain.org.uk">www.iammain.org.uk</a></p>



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<p><b>Middlesbrough Sportability Club</b></p> <p>Holmwood School            Saltersgill Avenue            Easterside            Middlesbrough            TS4 3PT</p>	<p>Middlesbrough Sportability Club was formed in 2003, to provide sport and leisurely activities for children with disabilities up to 25 years of age. It is open to all young people with a learning disability, as well as physical or sensory impairments.</p> <p>The club takes place every Saturday morning at 10:00am – 12:00noon.</p> <p>Our main aim as a club is to be able to provide a safe and friendly environment for young people to come to and feel comfortable in and enjoy. We believe that the activities that we offer at the club help towards making a positive contribution to a young person's life, as well as allowing their parent carers to be able to pursue interests of their own.</p>	<p><a href="https://middlesbroughsportabilityclub.webs.com">https://middlesbroughsportabilityclub.webs.com</a></p> <p>09761986734            07988201107            01287 651299</p>



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<p><b>Redcar Education &amp; Development (RED) Limited</b></p> <p>12 Guisborough Road Saltburn-by-the-Sea North Yorkshire TS12 1LZ United Kingdom</p>	<p>Redcar Education &amp; Development Ltd provides a fantastic development centre for school leavers and adults with disabilities and special needs. At RED Ltd we offer a great range of activities that develop both individual and social skills through access to the likes of:</p> <p><b>Indoor Activities:</b></p> <ul style="list-style-type: none"> <li>• Snooker &amp; Pool</li> <li>• DVD's</li> <li>• Disco</li> <li>• Craft Sessions</li> <li>• Library/Computer Suites/ Internet (secure, safe sites)</li> <li>• Singing and Musical Instruments</li> <li>• Lunches</li> <li>• Music</li> <li>• And Much More!</li> </ul> <p><b>Outdoor Activities:</b></p> <ul style="list-style-type: none"> <li>• Physical Education (dancing, swimming, walking)</li> <li>• Shopping</li> <li>• Time in the Community</li> <li>• Health and Wellbeing</li> <li>• Visiting local attractions (museums, parks)</li> </ul> <p>With access to spacious and safe mini buses, RED Ltd offer great opportunities for <u>outdoor activities</u> as well as <u>indoor activities</u> plus special events such as pampering sessions, craft sessions, visiting theatre productions and more. We even offer a pick up and drop off service if required.</p>	<p>01287 207771 07778 543599</p> <p><a href="mailto:red-g@hotmail.co.uk">red-g@hotmail.co.uk</a></p> <p><a href="http://www.redlimited.org">www.redlimited.org</a></p>



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<p><b>Senses Wellbeing CIC</b></p> <p>Unit 2 Birdswell Court Watness Avenue Skelton Industrial Estate Skelton TS12 2LL</p>	<p>Our venue is accessible, achievable and affordable allowing our community to come together to raise hearts and spirits. The Wellbeing Centre will host a full timetable of fitness sessions for everyone. We will welcome adults, children, active seniors, anyone with Special Educational Needs, Additional Needs, Disability and seated sessions that are dementia friendly. We are specifically targeting our audience to encourage every age and ability. Family fitness sessions eliminating cost of childcare and inspiring behaviour breeding behaviour.</p> <p>Multi – Sensory Space We have, through amazing community support, successfully created a Sensory Play environment in our huge multi-use main hall. Now sensory lighting, projector, black out tents, sensory equipment and toys can be used for 1 hour sessions. These timed sessions can be hired for exclusive use, a support bubble, or (when times are safer) a shared experience. We can offer SEN adults/children and their family members/siblings and support workers sessions such as monthly disco’s. We will host themed events and SEN parties as well as private sessions like glow in the dark family fitness.</p>	<p><a href="http://www.senseswellbeingcentre.co.uk">www.senseswellbeingcentre.co.uk</a></p> <p>01287 650151 07794571933</p> <p><a href="mailto:karen@senseswellbeingcentre.co.uk">karen@senseswellbeingcentre.co.uk</a></p> <p>Facebook – Senses Wellbeing Centre CIC</p>
<p><b>The Grenfell Club</b></p> <p>Grant Street Redcar TS10 1AD</p>	<p>The Grenfell Club is a club for children young people and adults with learning and physical disabilities</p> <p>The Grenfell Club is a club that believes everyone should be treated equally and the same. We have members of staff that are ready to help and are easy to talk to. We plan activities to do each evening but its totally up to you if you join in. We don't make you do anything you don't want to.</p> <p>We are open 5 nights a week. Monday, Tuesday and Friday is for 18 years and over from 6:00pm - 8:45pm. Wednesday night for ages 5-12 from 6:00pm-8:00pm and Thursday nights for teenagers aged 13-19 from 6:00pm-8:00pm.</p>	<p>01642 471747</p> <p><a href="http://www.grenfellclub.org/">www.grenfellclub.org/</a></p> <p>Facebook – The Grenfell Club</p>



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<b>Unicorn centre</b>  Stainton Way Hemlington Middlesbrough TS8 9LX	The Unicorn Centre, a registered charity, is a purpose built riding for the disabled facility which offers riding therapy and learning and training opportunities for over 200 disabled adults and children from the Tees Valley area each week. Opened in 1998, the Centre has become an established part of the local community, with a strong contingent of about 100 local volunteers who assist with riding lessons each week. View our video about the Unicorn Centre and what it can offer here: <a href="#">Unicorn Centre Video</a>	<a href="mailto:enquiries@rdaunicorncentre.co.uk">enquiries@rdaunicorncentre.co.uk</a>  01642 576222  <a href="http://www.rdaunicorncentre.co.uk">www.rdaunicorncentre.co.uk</a>
<b>Whippet Up CIC</b>	Whippet up uses art and creativity as a way of working with people to improve wellbeing and tackle social isolation.  Various art, creativity and wellbeing sessions throughout the week, please visit their Facebook page for further details.	<a href="http://www.whippetup.org.uk">www.whippetup.org.uk</a>  Facebook – Whippet Up CIC  <a href="mailto:info@whippetup.org.uk">info@whippetup.org.uk</a>  07771 873057

This document has been produced by Redcar’s Children’s Commissioning Team, for any updates please email [Shortbreaks@redcar-cleveland.gov.uk](mailto:Shortbreaks@redcar-cleveland.gov.uk)

For more information on the activities or organisations listed please contact the services directly.

The most up to date version of this document will be on the Short Breaks webpage [www.redcar-cleveland.gov.uk](http://www.redcar-cleveland.gov.uk) search ‘Short Breaks for Disabled Children’

For other information and advice about services for children and young people with special educational needs and/or disabilities please visit our SEND Local Offer by clicking on the link [People's Information Network | SEN and Disability \(peopleinfonet.org.uk\)](http://PeoplesInformationNetwork|SENandDisability(peopleinfonet.org.uk)) or by visiting [www.peoplesinfonet.org.uk](http://www.peoplesinfonet.org.uk)