

## Day Centre Services

Sense College East provides Adult Social Care Day Services across the East of England and East & West Midlands, within our eight centres. Our Day Services operate for 45 weeks a year and enable individuals to access a range of activities and opportunities.

### The people we support:

- Are aged 18 years and over
- May have sensory impairments, moderate-complex learning difficulties, or autism
- Require specialist communication support
- May have a combination of challenges including physical disabilities
- Require positive behavioural support



### The services we offer:

- Person Centre Planned activities within our **Everyday Living Package**
- On-going support with independent living life skills
- Wellbeing, health and care plans support
- Lifelong task development through meaningful, realistic and practical activities
- Strategies designed to assist individuals to cope and become more confident in social situations
- Access to a wide range of social, leisure and sporting activities within the local community

### Things people say about our Day Centre Services:

“A great place – fantastic staff, wonderful atmosphere. Thanks to everyone who is involved.”

“Everyone is so friendly. I always feel a very positive vibe when in the centre.”

“The staff are approachable and willing to try something different you have suggested, to help the individual.”

“I am happy and feel contented that my daughter is cared for, respected and stimulated; thank you.”



# Activities

Individuals will be able to access a personalised schedule of activities, from a wide range of options, including:

- Arts and Crafts
- Cookery
- Community Access
- Dance and Drama
- Lifeskills
- Gardening
- Music
- Rebound Therapy
- Sensory Room sessions
- Sensory Stories
- Sports and Leisure
- Swimming / Hydrotherapy

## Positive results

As a result of accessing our ELP Day Services, individuals:

- Are equipped with skills for greater autonomy and independence
- Are more confident
- Have greater awareness of and access to local facilities
- Have greater awareness of healthy living and maintaining personal wellbeing



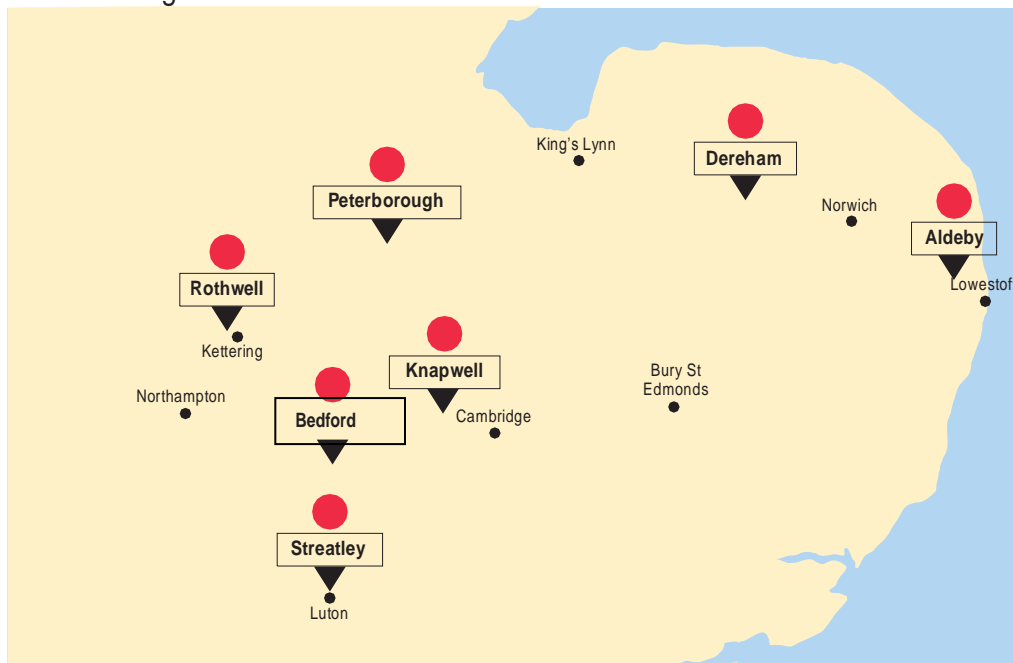
## How to access and fund Day Centre opportunities

Health and social care professionals can make a referral, including social workers, transition workers and GPs etc. Alternatively you, your family or friend can make a referral directly.

Sense College Day Centre services can be funded by Adult Social Care budgets, Continuing Health Care, or through personal care budgets, including direct payments.

## Where are we based?

Sense College East is based in various locations in the East Midlands and the Eastern Region



**For further information, please:**

- Call us on: **01733 425053**
- Email us at: **college.enquiries@sense.org.uk**
- Visit us at: **www.sense.org.uk/content/sense-college**
- Write to us at: **Sense College East  
50 Forder Way, Cygnet Park  
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Peterborough, PE7 8JB**

If you require this information leaflet in an alternative format, please get in touch.