

Bridge The Gap



Short Breaks for Young Adults with Learning Disabilities

(Aged Between 18 & 30)



Bridge the Gap

This is one of a range of short break options offered specifically for young adults with learning disabilities, between the ages of 18 and 30, and their carers.

Bridge the Gap is designed to help you as a parent / carer, and the young person you care for, plan and manage the long summer break. We recognise that this client group need structure and routine, are easily bored, and are often isolated from their peers during school or college holidays.

Sessions are held every Monday and Friday from 10am to 3.30pm, during July and August. Transport and lunch is provided. Each session gives young adults with learning disabilities the chance to experience exciting and fun activities, develop new skills and independence and have the opportunity to spend time with their peers, while their carers have a much deserved break from caring.

“My son enjoyed all the activities and catching up with some friends and meeting new ones. He has been waiting on the doorstep for the taxi Monday and Friday. Usually finds new situations very difficult but no problems.”

A Carer

Funding

If you and your son / daughter would like to take advantage of this opportunity you will need to either:

- Use your son / daughter's direct payment to pay for the service, charged at £65 per day.
- Contact your Social Worker or Adult Social Care Direct on **0191 4337033**, who will direct you to the relevant social work team. You can then ask that your son or daughter be **assessed** and **funded** to access “Bridge the Gap”.

Facilities

Each session is held at our premises in Highfield, just outside Rowlands Gill, and is based in our accessible, spacious hall, with its own separate kitchen and toilets.

Lunch is included and will usually comprise of a hot and cold buffet, to promote choice and control for the young person. Any special dietary requirements will be checked with you before the service.



Facilities

Transport

Our staff will organise transport to and from the sessions. We will try to give you an idea of pick up and drop off times prior to the service. The cost of transport is included in the service charge.

Staff

Our Carer Support Workers are competent and experienced staff trained to NVQ level 2 or 3 in Health and Social Care. They already have experience supporting young people with complex care needs, including autism, both in their own homes and the wider community.



Lunch

Activities

Activities will include: arts and crafts, keep fit, cooking, games, outdoor activities, ipads, music, cinema and much more...

We actively encourage the young person to independently choose their own activities, with our staff offering discretionary advice and assistance when required.



Contact us now on 01207 549 780
or visit www.carerstrusttw.org.uk

Improving the lives of carers

Carers Trust Tyne & Wear Crossroads Carer Services

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