

DAY SERVICES

Free Mind Free Body Free Choice

Parkhead Day Centre, Ashington



Parkhead Day Centre
Park Road, Ashington
Northumberland
NE63 8EB

Tel. 01670 855561

Part of
 St Cuthberts Care
Enabling People

Welcome

Welcome to Parkhead Day Centre, a project of St Cuthberts Care working in partnership with Northumberland County Council. Parkhead provides a day service for adults with learning disabilities in a friendly, safe and stimulating environment.



If you have any questions regarding Parkhead Day Centre which are not answered in this brochure, please do not hesitate to contact me.

Best wishes

Jackie

Jackie Dunn, Manager

Our Aim

By taking an outcomes focused, person centred approach, our staff facilitate the development of personal potential for each service user. Socialisation and community inclusion is essential to the delivery of the service, improving and developing the self-esteem and confidence of those attending the Centre.

We realise that each service user will have different abilities and therefore some will be more able than others to tackle the daily routine at the Centre. For this reason, we encourage individuals to be as independent as possible at a level that suits them.

We believe that everyone using the service at Parkhead should be able to:

- Be a valued member of the community
- Live the life they choose
- Be treated with dignity and respect
- Feel safe, secure and free from discrimination
- Be healthy
- Enjoy economic well-being



Facilities & Activities

Parkhead is a purpose-built, modern Resource Centre with a garden and patio area, situated within walking distance of Ashington town centre. Local amenities include banks, shops, leisure centre, post office and library.

Parkhead is fully wheelchair accessible and offers a wide range of on-site facilities including a fully equipped “training” kitchen, large activity and dining room, multipurpose room with computers, TV and Nintendo Wii™ and a fully adapted bathroom.



We run a wide range of activities for service users including:

- Day trips in and around the North East
- Current affairs sessions to encourage interest in local, national and global events
- Lunch groups, which encourage the development of kitchen skills and healthy eating
- Regular computer-based activities, such as the creation of our Centre newsletter
- Local history days which include the research of, and a visit to, a place of interest
- Photography group

Independent Care and Support

We aim to provide a quality service at Parkhead, which in turn will improve the quality of life of our service users. We intend to achieve this by recognising each person's dignity and individuality, acknowledging his/her potential for development and independence, whilst also identifying and accommodating varying degrees of ability. A person centred planning process, tailored to the need of each individual, will be used to accomplish this, with input from the service user, their care manager and their allocated key worker. Following an initial assessment the needs of each individual are regularly reviewed.

Service users are encouraged and enabled to use opportunities and access facilities available to them within the community, as one of the most important aspects of our day service is to encourage social inclusion and avoid isolation. Our activities enable service users to develop their confidence and independence to undertake day-to-day activities with minimal supervision as well as participate in local community life.

Support is offered to enable each service user to work towards a worthwhile and meaningful occupation within their capability; if a service user requires support in any other areas involving employment or living arrangements, we will endeavour to put families/carers in touch with the necessary services.

Sickness

If a service user becomes ill whilst at Parkhead, staff are permitted to administer medication that has been brought from the service user's home. Should deterioration in the health of a service user occur, his or her family/carers/care manager would be notified immediately.



Staff

Parkhead is managed by Jackie Dunn and her team of nine experienced staff members. All staff are involved in an induction programme, on-going training and regular supervision sessions. Staff performance reviews, which assess levels of competence, are held annually and staff are encouraged to study towards NVQ qualifications in care.

Meals

Parkhead provide one hot meal per day, as well as a range of sandwiches, snacks, cold dishes and drinks. Our service users often participate in the making of their hot lunch, using produce grown in the Parkhead garden.

Quality Assurance

As a project of St Cuthberts Care, Parkhead are able to offer the following quality assurance policy:

- Monthly inspections of the home, personnel and finance issues
- Continual reassessment through annually developed strategic aims and objectives
- Annual audit
- Annual staff appraisals
- User friendly comments, concerns and complaints procedure
- Comprehensive and compulsory on-going training programme for all staff

Charges

There is an attendance fee of £2.50 per day and £1 per journey for transport. This cost is fixed by Northumberland County Council and is subject to change. Service users who live in residential care are exempt from this charge.

Please contact Parkhead Day Centre directly if you require any further information.

Further information on the full range of services provided by St Cuthberts Care can be obtained from **Gill Ennis, Director of Adult Services, St Cuthberts Care**

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