



Care and Support Pathways





Welcome to Pathways

A specialist service for people with complex care and support needs, open 5 days a week, 52 weeks of the year (except for Bank Holidays).

We provide a safe, stable and joyful environment that enables people to challenge perceptions and to flourish.



Pathways ~ Bespoke activities for you

Pathways deliver a wide range of lively and enriching activities in warm and welcoming hubs, while where possible, supporting people to do everyday things in their community. Some of the areas we support include:

Therapies and Complementary Interventions – including Rebound Therapy, Hydrotherapy, posture care, positional changes, Reiki, Magic Carpet (a sensory learning tool), visual, auditory and tactile stimulation, massage, positive behaviour support etc.

Educational – including movie making, citizenship, sensory gardening, theatrical craft and drama, junk instrument making, the history of art and Tai Chi.

Interests – including art, craft, drama, food awareness, touch and taste sessions, cookery and baking, sports and games, Magic Carpet (for fun activities) and more.

Community Activities – parks, open spaces, leisure centres, museums, cafes, shopping centres and courses.

Ethos

Enabling

you to

achieve

more than

you think

you **can**

What can Pathways do for you?

Pathways is suitable for you if you have a range of issues that mean you require specialist support to help you lead the kind of life you want to live. Pathways can support you to:

- Improve your health, wellbeing and happiness
- Participate in therapeutic, educational and fun interests
- Enjoy community activities
- Develop skills meaningful to you
- Promote your self-confidence and self-esteem
- Build a sense of belonging
- Develop friendships
- Flourish and feel secure

Will I receive the same service in the different Pathways Hubs?

There are 5 Pathways Hubs across the county, 3 hubs are based in leisure centres and 2 in purpose-built venues, all have a bright, warm and welcoming atmosphere. Within every hub we have a caring and supportive fully-trained, qualified and stable staff team. Each hub has state of the art equipment and resources, including interactive Magic Carpets, regularly up-dated education programmes, sensory activities and so on. Although the hubs look very different, every individual receives the same high-quality service no matter which hub they attend.

We will help you participate in **creative** and **fun** times and **celebrate** your **successes!**





“

Although unable to communicate verbally, she easily engages and interacts with the Magic Carpet as her slightest movement sends ripples cascading across a virtual pond.

”

“

Since using the therapeutic interventions at Pathways, his body shape and muscle tone have improved, there has been an improvement in his physical confidence and his balance has been enhanced. He is much calmer and more peaceful which has helped alleviate mood swings, agitation and frustration. The difference has been amazing!

”

What is special about Pathways?

Just imagine attending somewhere that will:

- Give you the security of knowing you have somewhere safe to go every day
- Provide you with a range of appealing educational and interesting activities
- Undertake therapeutic activities to improve or maintain your health and wellbeing
- Continue to help you achieve your goals
- Provide high-quality care and support
- Continuously develop and up-date its offer to you
- Help you move on only if that is right for you
- Liaise closely with your family members to make sure we get things right





Our vision

Our vision is to work with you to help you unlock your potential. To do this, we will provide an outstanding service, delivering high quality therapeutic, educational and enjoyable activities. We do this in a safe, supportive environment.

We will listen to your needs and will ensure that during those times when you want a quiet, peaceful setting, then you will be able take advantage of one of the serene spaces available. Just imagine lying on a comfortable posture care bed, with atmospheric lighting, soothing music and a qualified, caring staff member giving you a hand massage whilst talking to you in a kind and gentle way. Blissful!

At other times, when you want to participate in vibrant, fun-filled creative, leisure or sporting activities or interesting educational pursuits, these are also available.

You will be supported to meet your personal goals to help you reach your full potential.

Expectations from Assess, Plan, Do and Review



Assess:

- Listen
- Analyse
- Agree



Plan:

- Discuss
- Confirm
- Prepare



Do:

- Participate
- Achieve
- Monitor



Review:

- Consider
- Evaluate
- Respond

We consistently monitor the quality of the services we provide to ensure your outcomes meet your personal development and wellbeing needs.

Preparing for adulthood/maturity

We will work creatively by using the principles of preparing for adulthood. These will support young people/adults transition into adulthood/maturity by working towards, as appropriate to the individual, the 5 key messages which are enhanced by 4 routes. Pathways passionately believes in life-long learning and development for everyone whilst supporting each individual to have the best possible quality of life.

The routes to support these key messages consist of ways of enhancing/achieving:

- Employment
- Independent living
- Community inclusion
- Health

The key messages are:

- A personalised approach
- Developing a shared vision
- Improving options and support
- Raising aspirations
- Planning together



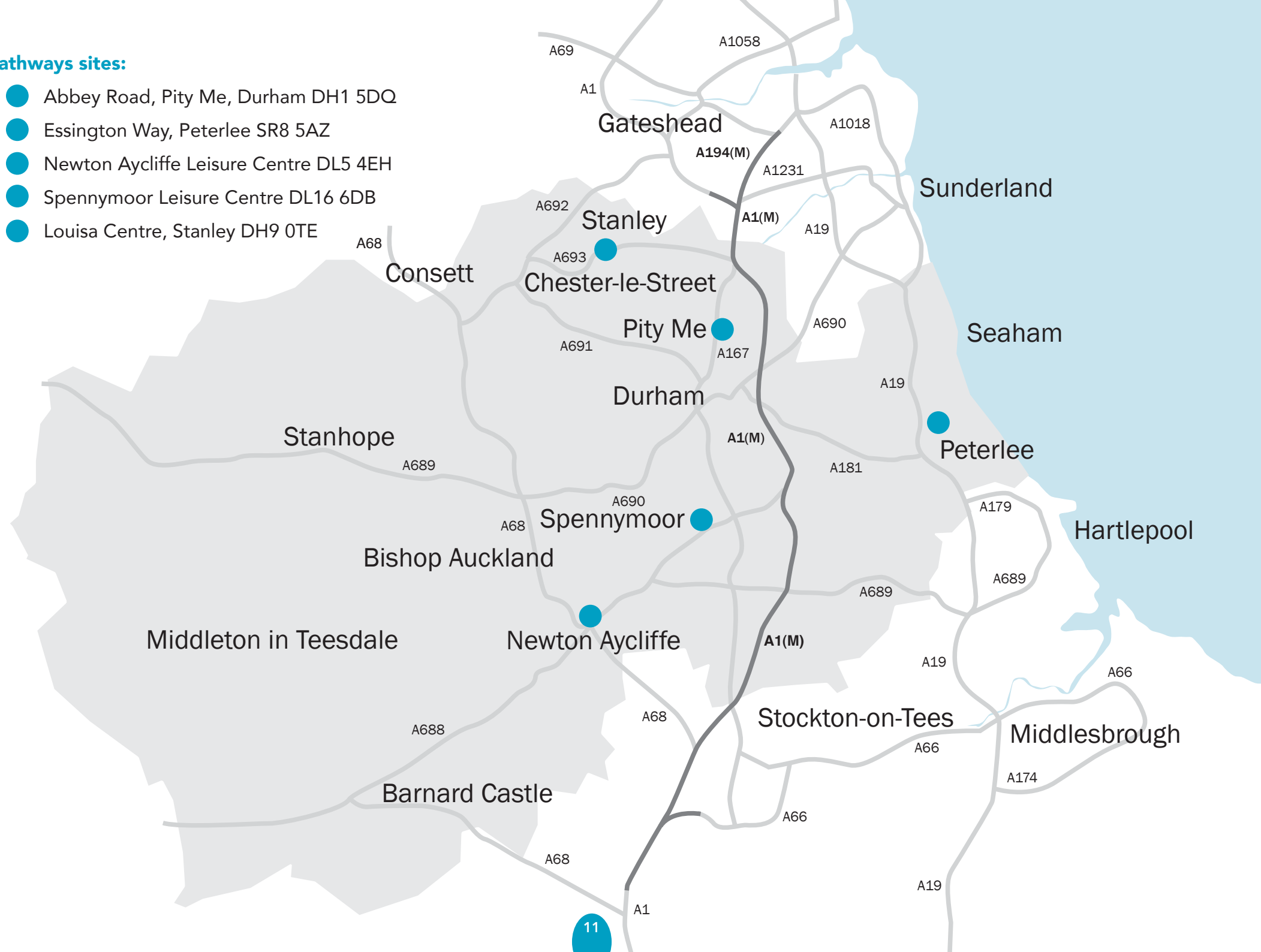
Making the move into Pathways

How would you feel if we can ensure all your therapeutic, educational and creative interests meet your personal requirements in a stable, well-resourced environment? If you think the move into Pathways is right for you, please speak to your case worker or care co-ordinator who will check if your assessed needs meet the criteria for this service and if places are available.

Due to the limited number of spaces available in the Pathways Hubs, please be aware that you might not be able to attend your first choice or the one nearest to your home. However, we know that whichever hub you attend, you will receive a fabulous service.

Pathways sites:

- Abbey Road, Pity Me, Durham DH1 5DQ
- Essington Way, Peterlee SR8 5AZ
- Newton Aycliffe Leisure Centre DL5 4EH
- Spennymoor Leisure Centre DL16 6DB
- Louisa Centre, Stanley DH9 0TE





If you believe that Pathways is right for you, speak to your case worker or care co-ordinator to check if your assessed needs meet the criteria for this service. If so, you can ask about arranging a visit by contacting your most convenient Pathways Hub.

Durham Pathways	03000 264 850
Peterlee Pathways	03000 266 559
Newton Aycliffe Pathways	03000 264 841 / 264 842
Spennymoor Pathways	03000 267 483
Stanley Pathways	03000 263 385 / 263 386

Please ask us if you would like this document summarised in another language or format.



Braille



Audio



Large print

03000 264 850

