



# Specialist short break, leisure and day care services

Empowering young adults with disabilities to live life to the full in a supported home-from-home environment in Henley on Thames.



# What we do

The Chiltern Centre is an **independent charity** based in Henley on Thames. We support young people aged **between 16 and 30** who have learning disabilities, often in addition to physical disabilities and/or complex medical needs. Our range of care services offer young people the opportunity to get the most out of life, whilst providing practical support to parents and families caring for a disabled young person. Importantly, our services **provide families with a short break** from caring 24 hours a day, 365 days a year.

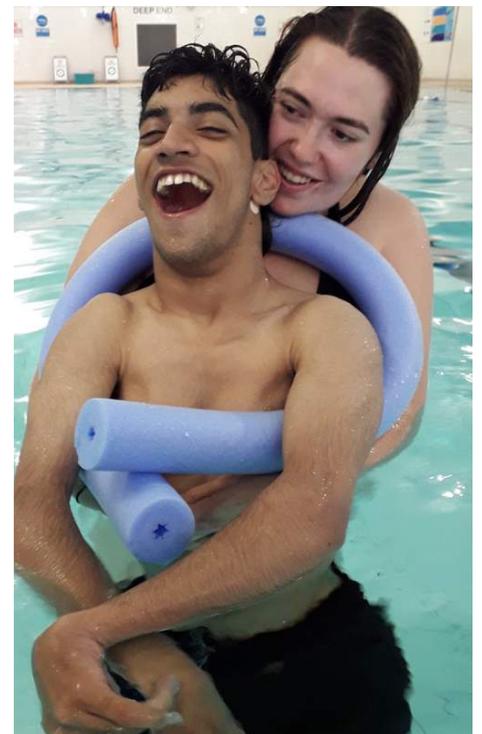
The Centre provides a **bespoke and individualised** service which helps to promote choice, positive self-image and individual identity. Each person has a **full assessment and transition** visits prior to any planned care to ensure that the right package of support is devised to meet their needs.

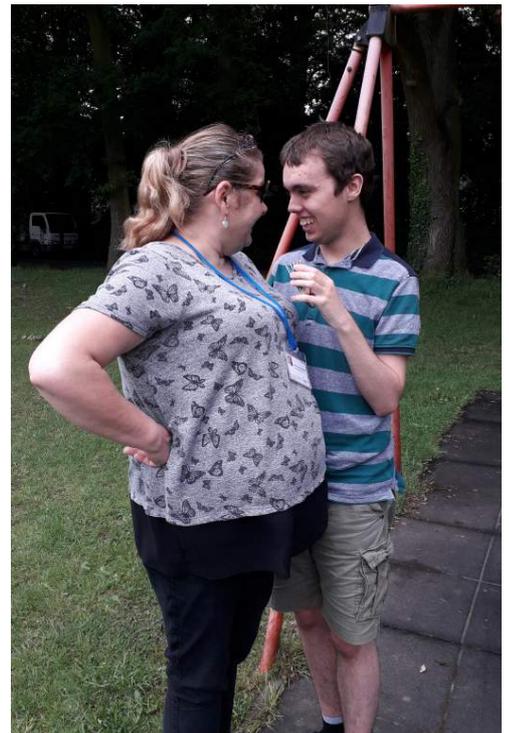
By removing the barriers that many young people face, we enable them to socialise and enjoy themselves while enjoying a broad range of **leisure activities**, including art, crafts and sporting activities. These activities allow the young people in our care to **build friendships and confidence**, learn new things, grow in independence and importantly, **have fun**. Our focus is always on **offering choice and supporting independence** for the young people we care for - giving them the opportunity to do the activities that they genuinely enjoy, either alone or in small groups of their peers.

**We support young people to gain valuable social and life skills so that they can grow in self esteem and gain fuller access to the local community.**

The Chiltern Centre is a **ground level building** which can accommodate 4 young adults for short break overnight stays. The building is set within the local community and has been **adapted to meet the specific and diverse needs** of the young adults, including specialist equipment such as hoists, adjustable beds and an assisted bathroom.

We **respond flexibly** to the changing needs of the young person and/or the family, by changing the care we provide or the way we provide it whenever necessary. We are also able to provide extra help during times of crisis. Because of our small age range, we are able to provide a service that is **uniquely adapted** to the needs and wants of this particular age group - providing **continuity and stability** at a time when there is often significant change in the services a young person with a disability may be able to access.





For more information contact Gareth Groves, Centre Manager:

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Registered Company No: 4843950

We look forward to  
working with you and  
supporting both you and  
the important young  
people in your life.

