

## Options Social Club

Options Social Club offers a safe and friendly environment for local disabled adults to socialise, make new friends, try new activities and give carers a break from their caring responsibilities.



The club meets every Thursday from 6pm to 8pm at the Pioneering Care Centre and has a small admission charge.

Activities include table tennis, pool, Wii games, bowling, hydrotherapy pool usage, boxercise, new age kurling, computer and internet access, parties and discos.



### For further information:

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W | [pcp.uk.net](http://pcp.uk.net) FB | [/PCPandCentre](https://www.facebook.com/PCPandCentre) TW | [@PioneeringCare](https://twitter.com/PioneeringCare)



Health, wellbeing and learning for all

**Pioneering Care Centre**  
Carers Way, Newton Aycliffe  
County Durham, DL5 4SF  
Company No: 3491237  
Charity No. 1067888

# Options Project

Opportunities for disabled people



Independence. Choice. Control. Inclusion.



Health, wellbeing and learning for all

High quality person-centred service offering daily support and opportunities for disabled people, based at the Pioneering Care Centre in Newton Aycliffe.

## Your voice, your choice

The Options service is for local disabled adults, it provides a way for disabled people to have more control over their own lives and participate more fully in the community in which they live.

## Options approach

Options takes a personalised and outcome based approach to the delivery of the service.

## Opportunities for

- Social inclusion
- Involvement in community activities
- Vocational activities



The service offers daily support and opportunities to disabled people to enable them to achieve their personal goals.



Options members develop personal development plans which can include access to education, training, leisure, voluntary opportunities and employment.

The service and has an experienced, motivated and dedicated team of staff and volunteers.

Options is managed by the Pioneering Care Partnership (PCP) and is based at the award winning Pioneering Care Centre in Newton Aycliffe.

## Activities include

- Independent living skills
- Speaking up groups (Options Voice)
- Hydrotherapy sessions
- Healthy lifestyle workshops
- Adult education sessions
- Exercise and fitness classes
- Residential activity weekends
- IT courses



## What members and carers say

“I have made lots of friends at Options, if I didn't have it I'd just be at home watching TV”

Danielle

“Since coming to Options I feel fitter and healthier. I have made many friends and learned lots too”

Phil

“I enjoy quality time to myself whilst Lee is at Options and I have seen a change in Lee since he joined, he has a more positive outlook on life”

Sue Fiskel (Lee's mum)