

Options

A member-led service for adults



Options offers daily support and opportunities to help you reach your personal goals.

Options is based at the Pioneering Care Centre in Newton Aycliffe and runs five days a week with a dedicated and qualified team of staff and volunteers to support you.

For further information:



01325 321234



enquiries@pcp.uk.net



[@options@PCP](https://www.facebook.com/options@PCP)



www.pcp.uk.net



[@pioneeringcare](https://twitter.com/pioneeringcare)



Pioneering Care Centre
Carer's Way
Newton Aycliffe
County Durham
DL5 4SF

About Options



Options is a service for adults and promotes independence, informed choice, control and inclusion.



We believe that being independent is important. Options supports you to be more involved in your community.



In Options, you plan what you would like to do and we support you to do this.



We hold an Options' Voice meeting four times a year where you share your ideas about Options.

Activities



Some of the activities we do in Options include:

- Living skills including cooking and shopping
- Exercise and fitness sessions including swimming and going to the gym
- Trips and days out
- Computer skills
- Activity weekends
- Holiday weekends
- Healthy living sessions

You can join if you are:

- Referred by a Social Worker or receive a Direct Payment or Personal Budget
- Between 18 and 55
- Live with sensory, learning or physical disabilities
- Are able to manage your own personal care needs
- Are able to take your own medication

If you would like this leaflet in larger print, please let us know.



@options@PCP



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@pioneeringcare



Using your personal information:

Personal information that you supply for this service will be used by PCP as described in the leaflet: **Pioneering Care Partnership (PCP), how we use your information.**



Whoever you are, if you see, hear or know something that concerns you and suspect a person is being harmed or abused, you must report it by phoning 03000 26 79 79.