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Part of  
**St Cuthberts Care**  
Enabling People

# Welcome to the Alan Shearer Activity Centre



At the Alan Shearer Activity Centre, the North East's premier interactive venue designed for disabled children and adults, we provide a wide range of leisure, challenge, relaxation and therapeutic opportunities.

Whether it's interaction and stimulation or a place to relax and unwind. Whether it's a short stay or a longer stay, indoors or out, the Alan Shearer Activity Centre offers a carefree existence, a release from the pressures of every day life.

If you would like more information about our activities and facilities or about block bookings, please do not hesitate to contact me or a member of my team on **0191 267 8118**.



We look forward to welcoming you to the Activity Centre very soon!

Best wishes,  
*Amanda*

Amanda Head, Registered Manager



## What do we offer?

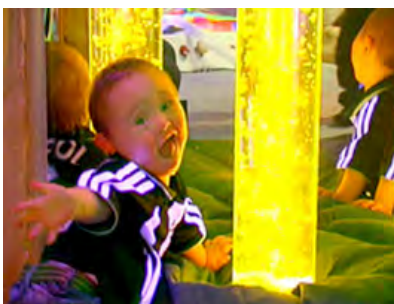
- Fun giant indoor ball pool
- Relaxing hydrotherapy suite
- Accessible gardens & woodland walk
- Party Packages & Block Bookings
- Wii™ Games Room
- Therapeutic sensory cave & rooms
- Live & Learn sessions for adults
- Browne's Café

### What can I do in the Sensory Cave?

Discover different textures, sounds, colours and lights as you explore a corridor of fibre optics, noises and mirrors built into the walls and ceilings surrounding you. With ultra-violet lights and starry sky effects, the mood is vibrant, magical and stimulating.

### What can I do in the Ball Pool?

"Float" on an ocean of bubbles. Lit from below, the ball pool is filled with soft, clear spheres which take on different hues as the lights change colour. There's huge soft blocks to climb about on or throw around too.



### What's in the Sensory Rooms?

We've got three sensory rooms to choose from. Settle back, relax and imagine a day at the seaside or feel the sensations of a verdant woodland scene. For something more vibrant, try the giant musical cushion with the "disco" effect of the revolving mirror ball.



### What can I do in the Hydrotherapy Pool?

A visit to the **hydrotherapy suite** allows you to swim in an exciting, bubbling pool as our moving light effects, music and sounds add to the tactile bathing experience.

The gentle movement can be enriched by the lighting and sound of your choice to create your own mood and effect.

### Can I play video games?

Try out our brand new **Wii™ Room**. With light beams, bubble tubes and vibrating bean-bags linked to the speakers, your Wii™ experience will be unique and completely different to anything you've enjoyed before.



### Is there somewhere to eat ?

Yes. By now you've probably worked up an appetite. Drop into **Browne's Café** for a tasty bite and a refreshing cuppa.

### Is there anything especially for adults?



**Yes - our Live & Learn sessions are great way to make new friends, have fun, develop your confidence and learn new skills**

Learning doesn't have to be in a classroom; we are all learning every day, and our Live & Learn programme allows you to do just that.



Sessions include cookery, gardening, computer courses and arts and crafts, and our format changes regularly to encourage the development of new skills. The sessions are interactive, allowing our learners to contribute as much or as little as they choose.

Each Live & Learn course consists of four one-hour sessions and the price includes mid-morning coffee, lunch and all equipment and materials.

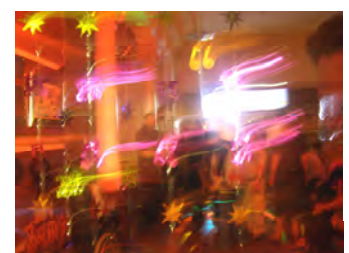
**Booking is essential as places are limited and demand is high.**



### Book a fabulous party at the Centre!

- ⊙ Music and Disco Lights—the complete party atmosphere!
- ⊙ Use of the indoor ball pool, and sensory cave
- ⊙ Interactive games plus full use of the Wii™ Games Room
- ⊙ Birthday pack including birthday card and party invitations
- ⊙ Support and attention of our enthusiastic, fully trained staff
- ⊙ Party meal and drinks plus an ice cream dessert

You can book a **Mega Party** for up to 15 people or a **Mega Party Plus** for up to 25, which gives you all the above plus use of the sensory rooms and exclusive use of the hydrotherapy pool. You can even give your guests a bonus treat with our chocolate fountain. **Call us now on 0191 267 8118**



## Is there a garden to play in?

Not just any garden, but a range of sensory gardens including a woodland walk. Our wheelchair accessible walkway enables you to visit our seating areas and bird feeders, enjoying the local wildlife and an array of plants and shrubs. There's Playdale Park too - our specially adapted playground with a climbing frame, slide and swings.



## What if I want to stay longer?

You will be made very welcome at the **Alan Shearer Short Break Centre** situated on the first floor of the Alan Shearer Centre, where we provide adults and children with holiday-style short breaks. The service not only offers guests unlimited access to the Activity Centre, but also organises trips to local attractions and surrounding areas, as well as visits to the cinema, bowling alley and shopping centres.

Guests can attend these organised outings, or can use the centre as a base whilst visiting the local area independently. In-house activities are also on offer and include interactive games and arts and crafts sessions.

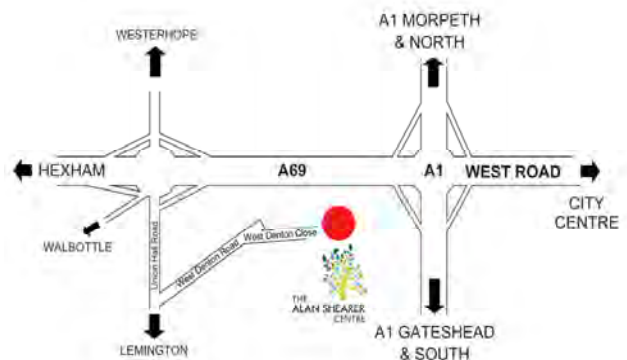
For further information on the Short Break Centre, please contact **Carol Harrison on 0191 267 8128**.

### How to find us

**By car from the A1:** Take the turning for the A69 signposted towards Hexham off the A1 motorway. Pass under two footbridges and after the second bridge take the slip road signposted Lemington. At the roundabout take the first exit onto Union Hall Road signposted Lemington Cemetery & Village. Turn left at the traffic lights onto West Denton Road signposted Claremont Avenue and continue on this road all the way down to into the entrance for the Centre.

**By bus from Newcastle city centre:**

There is a bus stop outside the Centre. Numbers 10, 39, 40, 684 and X82 stop here. Ask for the Alan Shearer Centre or the stop before Lemington Road Ends.



Further information on the full range of services provided by St Cuthberts Care for people with physical and learning disabilities, please contact **Janice Bell, Director of Operations, St Cuthberts Care**

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 **St Cuthberts Care**  
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