For enquiries contact:
Short Break Services for Adults with a Learning Disability,
Monkton Hall,
Monkton Lane,
Monkton Village,
Jarrow,
Tyne & Wear,
NE32 5NN.
Tel: 0191 451 6299

For referrals contact:
Community Learning Disability Team,
Monkton Hall,
Monkton Lane,
Monkton Village,
Jarrow,
Tyne & Wear,
NE32 5NN.
Tel: 0191 451 6290 (Switchboard)

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

For further copies of this leaflet please contact the Short Break Services for Adults with a Learning Disability Tel: 0191 451 6299

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk

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This service is available for residents in South Tyneside
Who we are

We are a Learning Disability Nurse-led Short Break Service for Adults with Learning Disabilities.

Our team consists of:
- Clinical Co-ordinator
- Learning Disability Staff Nurses
- Healthcare Support Workers
- Administration Support Staff
- Domestic Staff

What we can offer

- Regular planned short breaks (up to 56 nights per year)
- Crisis care admissions (in emergency situations)
- Drop-in sessions (where appropriate and available)
- A high level of health care catered towards your individual needs
- Privacy, dignity, inclusion, choice and independence.
- A wide range of indoor activities (including art & crafts, relaxation, indoor games).
- A wide range of outdoor activities including gardening, day outings, trips to the cinema, bowling, restaurants, shopping and other local & regional attractions
- If you have any specific problems, we are able to make referrals to relevant specialist healthcare professionals
- Continuation of your current therapeutic treatments

How to make an enquiry or a referral to this service

- Enquiries can be made directly to Short break Service. Contact details are on the back of the leaflet
- Anyone can make a referral such as professionals, carers or people with learning disabilities themselves. Referrals can be made via the Community Learning Disability Team. Contact details are on the back of this leaflet
- The Short Break Service accepts referrals for adults aged 18 years and over who have learning disabilities and associated health care needs, challenging behaviours, autistic spectrum disorders or mental health problems

What you can expect following a referral to our service

- Once we receive a referral, we will contact you within five working days to arrange for an assessment to be undertaken within your home
- A decision will be made on whether or not you will be able to access the Short Break Service
- If you are able to use the Short break Service following assessment, introductory visits to the service will be arranged. A range of care plans will be devised in partnership with you, your carers and other professionals involved in your care
- Short Break stays (up to 56 nights per year) will then be arranged by our Bookings Co-ordinator who will liaise with you and your carers
- Care plans will be reviewed and evaluated regularly