

Inspire Centre

The Inspire Centre is a self contained state of the art recreational facility. Designed over two floors, the unit contains a spa Hydro-therapy pool, gymnasium equipment, two sensory rooms and a Creative Suite which is a large learning zone with teaching facilities, interactive technology and computers. The Creative Suite can also be used for arts, crafts and in-house recreational activities.

Within The Inspire Centre, the environment has been specifically designed to be easily accessible and all equipment installed for use by those who may have physical, neurological or learning disabilities.

Spa Hydro-therapy Pool

Located on the ground floor via a separate entrance, the Spa Hydro-therapy Pool is used for recreational fun, physiotherapy and rehabilitation.

An overhead tracking hoist is available for those requiring assistance getting in and out of the pool.

A changing room including a wet room with shower facilities is located in the same area to facilitate easy and comfortable changing for Service Users.

** Risk assessments are undertaken on all Service Users prior to use of the hydro-therapy pool.*

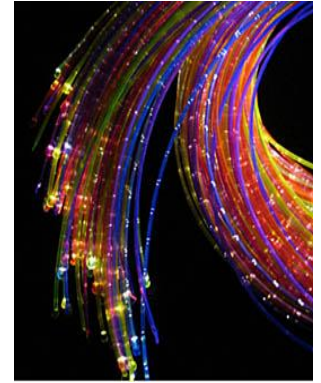


Creative Suite is multi-purpose and provides the opportunity for service users to have a structured and purposeful routine.

It is equipped with interactive technology including white boards, software and computers as well as arts and crafts resources and equipment, offering Service Users the opportunity to pursue educational and vocational activities.

All furniture and equipment is suitable for use by those who may have neurological, learning and physical disabilities.

Sensory Rooms: There are two sensory rooms where Service Users can explore, develop and stimulate their senses and skills. However, the sensory room can also be used to help individuals become calm and de-stress. Each of our multi-sensory rooms have various features including padded floors and walls and interactive equipment which make dramatic changes to the sensory room environment using sound, lighting and fragancing.



Gym: A range of high specification gymnasium equipment is provided to ensure that the latest techniques and opportunities are made available to our Service Users.

At Careline Lifestyles we have fully qualified physiotherapists who work closely with our Service Users. Each Service User has an individual fitness regime devised specifically for them to ensure that they achieve the best possible rehabilitation and co-ordination skills.

** a risk assessment is undertaken prior to use of all gym equipment*

Access: The Inspire Centre can be accessed independently via the sensory garden.



How to find us:

By train or metro: Newcastle Central Station is only 15 minutes walk away

By car - From North and South: From the North or South: follow directions to Newcastle. As you cross the Redheugh Bridge move into the left hand lane and turn left immediately after you cross the bridge. Continue along Scotswood Road (A695) and turn right into Clumber Street and then left into Brunel Terrace.



Inspire Centre, St Stephen's Court, Brunel Terrace, Newcastle upon Tyne NE4 7RL
Tel: 0191 273 0303 Fax: 0191 273 0404 Email: spireview@carelinelifestyles.co.uk
www.carelinelifestyles.co.uk

Registered Manager - Sarah Richardson Tel: 0191 273 0303

or

Area Co-ordinator – Anita Ennis Tel: 07703 257 565