



Adult's Service
Rugby

Service Schedule

April 2018 - March 2019



tabw.org.uk





Our Mission

Take a Break Warwickshire provides community-based short breaks for children and young adults who have a disability or life-threatening illness, and adults with a learning disability. This support enables people to live their lives to their full potential, gain skills and move towards independence with confidence.

Overview

We aim to provide a wide range of activities based on life skills to our customers, all within a safe, friendly and relaxed environment.

Our customers are empowered to focus on their own goals and ambitions and are supported by a staff team who are skilled and experienced in helping them to achieve this

If you need support understanding this booklet, please contact 02476 644 909.

Our Venue



Hill Street Youth and Community Centre

Hill Street, Rugby, CV21 2NB

Wednesdays 7-9pm
Hill Street Youth and
Community Centre

Mac Tabs

Weekly



2 hours

Age - 18 years +

Mac Tabs stands for 'Meet And Chat', a name chosen by our customers.

A relaxed group offering a variety of activities in a social setting including team challenges, around-the-world nights, games nights, karaoke and many other activities.

Weekdays* 10am-3pm
Hill Street Youth and
Community Centre

Rugby TABLO

Holidays



5 hours

Age - 18 years +

Rugby TABLO is a fun and relaxed social group. We offer themed sessions, fun group challenges, and visit local community facilities. We explore life skills, including healthy eating, preparing lunches together and taking part in group exercise.

*If you are interested, please request dates.

Who is the service for?

Within our activities, we cater for adults with a wide range of disabilities. We may be able to cater for dietary requirements, administer medication and carry out personal care once full assessments have been completed.

How do I access this service?

We work in partnership with you, your family members and professionals so that we can work together towards meeting your planned outcomes. The service can be accessed using local authority allocated hours, using direct payments, a personal budget or by purchasing hours directly. Contact our Care Coordinators to discuss your service and complete a formal Support Plan.

All costs will be discussed and detailed in your Service Contract.

All group-based and individual sessions must be booked in advance.

Does TAB provide transport?

Transport to and from activities is not provided as standard. Transport requests may be accommodated subject to availability and at an additional charge.

Head Office Address

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Contact

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