

## **The HUB**

The centre offers both individual and group activities with a broad range of options tailored to the needs and personal interest of the person. Our mission at The Mayfield Trust is 'helping people to live life to the full', we embrace this at the centre and plan sessions with people that are purposeful to them. We believe that having purposeful occupation is key to fulfilment, self-esteem and living well.

We do not believe that a "one size fits all" model works; we aim to assess needs, interests and personal aspirations and engage people alongside their own outcomes. We encourage diverse outcomes from our activities and sessions to include fun, social and leisure, life skill development, employment and education. Our current sessions include drama, dance, music fun, karaoke, arts and crafts and cooking.

### **Our facilities include:**

A computer suite, boasting touch screen and interactive programmes. A fully equipped music room with percussion instruments including guitars, Karaoke and a large stock of singalong CD's and DVD's.

We have a fully equipped kitchen area offering cooking sessions and the option of certificated food safety training for service users. Others may prefer some quiet time and we can indulge their quiet nature in the sensory room which is equipped with interactive lights, texture play and music.

Many of our activities are delivered within community settings helping people build confidence socially, while enjoying community facilities. This can help to develop skills and promote independence.

Historically The Trust have supported people to find paid work and volunteer opportunities alongside facilitating a wide range of activities within Calderdale and further afield such as; cinema, bowling, walking groups, gym sessions, visits to leisure centres such as Xcape, various museums, places of interest and coastal day trips.

We are proud to announce as a new venture that we currently facilitate the Tuesday social club. These are evening sessions held at the Lee Mount club; activities include bingo, play your cards right, karaoke and disco.

Longer term respite type sessions can also be accessed through the activity centre, including variable session times, short breaks/ holidays.

If you would like to join us, or see where the great things happen in Halifax, we are offering free taster sessions. We are happy to assess all referrals with various bespoke options available including, 1 to 4 through to 1 to 1 and supporting people with behaviours that challenge.

We accept private, local authority and CCG referrals.

## Useful Information

We support adults, children and young people with learning and physical disabilities. We have a sensory room, computer room, music room and kitchen. Our facilities are accessible and include a tracking hoist system.

Our packages can be delivered on a 1 to 1 basis up to a 1 to 4 group session dependent on need. All ages are welcome between 9 and 4.30; extensions on request.

Having challenging behaviour or a specific sensory need does not present a barrier for inclusion with our service. Additionally, we have extensive experience with developing positive behaviour support plans which can also be affective at home.

We have several mini buses with wheelchair accessible equipment fitted, along with a large 16 seat vehicle and cars available if appropriate.

We are able to support people with medical needs and safely administer medication if needed.

Refreshments are available from the activity centre including free tea, coffee and cordial.

If you need any more information you can get in touch by phone or e mail to :-

Carol Cockcroft , Laura Brook, Louise Black or Scott Womack

Call us on 01422 322552 or 01422 412035

email [c.cockcroft@mayfield-trust.org.uk](mailto:c.cockcroft@mayfield-trust.org.uk)