

**Respite Care Breaks**



**Dignity • Respect • Independence • Freedom**

**[www.calvertkielder.org.uk](http://www.calvertkielder.org.uk)**

Providing specialist, flexible supported breaks for adults aged 18 and over.

Take a break in the countryside, in our fully accessible centre catering for your individual needs.



Enjoy time out from everyday life in a supported environment where you can try new challenges and experiences, meet new people and make new friends.



**“Calvert Kielder has given me and my family a chance to relax, regenerate and do things I never thought I’d be able to do. I feel safe and fully supported and this is the first place I’ve been to since my injury, where I don’t feel disabled even though everyone is doing more and more to focus on and help me with my disability. I would highly recommend Calvert Kielder.”**

Craig Priestley - Respite Guest Since 2017

We have over 25 years’ experience supporting people with our ‘can do’ approach to life. We provide respite holidays for disabled adults in a fun holiday environment with a range of activities and packages to suit everyone. We will tailor your break to meet your needs as an individual visiting on your own, as a couple, or as a family.

## Care Quality Commission (CQC)

We are registered by CQC, the independent regulator of health and social care in England, to provide residential care services for people with physical, learning, sensory disabilities and those on the Autistic Spectrum. For more information please visit the CQC website [www.cqc.org.uk](http://www.cqc.org.uk)

**“Calvert Kielder has made a tremendous difference to me and my family, both emotionally and physically. I can come on a care break and try new things with people who are a similar age to me.”** Kevin Pardell - Respite Guest Since 1991



## Care Provision

Personalised care plans are at the centre of our provision, enabling you to be involved in how you would like to experience your care and holiday. Our highly qualified, motivated and experienced team are available 24 hours a day\* to provide you with our top quality care provision.

\*Currently night care is via a call system. Speak to our care team to discuss your night care needs.

With the support of district nurses where required our team will provide:

- Assistance with moving and handling
- Administration of medication – tablets, ointments, inhalers, nebulisers
- Assistance with washing and dressing
- Assistance with packing and unpacking
- Assistance with meals
- Catering for special diets
- Assistance with continence care – catheters, stomas, suppositories etc.
- Provision of airflow mattresses (subject to availability)

Please note this is not an exhaustive list.

Although one-to-one care is not offered as standard, bespoke packages may be available for those with more complex needs.



## Accommodation

Designed with flexibility in mind to meet the varied needs of our guests, our bedrooms have moveable furniture, extra wide doors, en suite facilities and a variety of grab rails to aid independent movement.

We have a range of specialist equipment available for your use during your stay. To ensure availability, please discuss your requirements at the time of booking.





## Facilities

The snug, lounge, small bar and TV room are available for you to socialise with your fellow guests or participate in some evening activities. Computers and free WiFi are available for your use.

Take the opportunity to relax in our hydrotherapy pool, sauna and snoozelum. We have a versatile games room which we use for arts and crafts sessions, indoor games or a disco in the evening.

Our accessible bathroom comes complete with hoist, Clos-o-Mat toilet and a Rhapsody Therapeutic bath.



## Dining

Delicious freshly prepared home cooked meals are served in the dining room. We offer vegetarian alternatives at every mealtime and our chefs will cater for specialist dietary requirements. A weekly menu is available to view in the dining room, please ask for a copy if you would like to plan your meals during your stay.



## Respite Care Packages

We offer affordable and flexible packages to suit your needs. Our care package has been designed for you to tailor your level of activity or length of stay. Come alone, as a couple or with friends and family; shared rooms are available.

## Care @Calvert

Our award winning care package provides 24 hour care provision in en suite rooms, all meals, snacks, drinks and light activities. Enjoy the delights of being in the countryside and take part in some of our more relaxed activities, such as:

Arts and Crafts	Golf Buggy Rides	Orienteering	Swimming
Bird Watching	Indoor Games	Shopping	Wii Games
Geocaching	Local Attractions	Snoozelum	

**From £725 for 7 night stay**



## Activity Options

We have a wide range of activities to enjoy during your stay. Challenge yourself to do things you never thought possible or build on skills you already have. Our activities are made accessible by a range of adaptive equipment, which will be demonstrated during your introduction to the activity, and risk assessments will be carried out.

Activity options available to tailor your care package include:

Abseiling	Axe Throwing	Climbing	Laser Clay Shooting	Sailing
Archery	Canoeing	King Swing	Motor Boat	Zip Wire

**In addition to our range of activities your package includes the new Kielder ZipCoaster; the first fully accessible rollercoaster zipwire in Europe.**

You will have the choice to take part in a variety of activities, all with full carer support. These activities will be led by our activity team and together with your care package offer a flexible combination of adrenaline, fun and relaxation.



### Activity Option 1

Our award winning care package plus six half day activity sessions.

**From £910 for 7 night stay**



### Activity Option 2

Our award winning care package plus six full day activity sessions.

**From £1,092 for 7 night stay**



## Getting to Our Centre

We can provide transport in fully accessible vehicles from several locations for an additional charge. Please discuss your requirements at the time of booking.

## Themed Care Breaks

Guests love to meet up with their friends throughout the year for our regular themed weeks where fun and laughter are guaranteed. You can choose from a variety of themed weeks including our most popular Young at Heart, Go Wild, Northumberland, Halloween and Festive.

**From £1,092 for 7 night stay**

For further information or to request a brochure contact 01434 250232 or email [enquiries@calvert-kielder.com](mailto:enquiries@calvert-kielder.com).







## Booking Procedure

Choose the length of stay and level of activity, then contact our team on 01434 250232 or email [enquiries@calvert-kielder.com](mailto:enquiries@calvert-kielder.com) to discuss your personal requirements.

Our booking procedure begins with a series of questions to help us to assess your individual care needs, followed by a care plan for you to complete and return before your visit. This will ensure that our care team is informed about your needs and an appropriate room and equipment is ready for your arrival. We will phone you if you have any specialised or nursing care requirements, to ensure we have all services in place on the relevant days.



## Centre Visits

We understand a stay in a new unknown environment can be daunting, so we encourage visits to our centre to find out more about our service before committing to a longer break with our team. A short break of one or two nights can be arranged with a family member or carer to ease any concerns or uncertainties. If you are in the area pop in and have a look at the facilities and speak to our team about your individual needs.



Brochure available in large print



## Explore and Escape at Kielder

Situated in the breathtaking Kielder Water & Forest Park, home to the largest man-made lake in Europe, we offer the perfect base to explore the Northern most counties of England and the Scottish Borders.

As one of the UK's most beautiful areas, this location offers 27 glorious miles of shoreline, a magical environment full of wildlife and flora, fresh, clean air and magnificent expansive horizons - plenty to fuel the imagination!

The park holds International Dark Sky status and is home to the award winning Kielder Observatory, where you can learn about the universe and experience the darkest skies in England.

## Find and Contact Us



Calvert Kielder, Kielder Water & Forest Park, Hexham, Northumberland NE48 1BS



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For booking enquiries, contact our team on 01434 250232 or [enquiries@calvert-kielder.com](mailto:enquiries@calvert-kielder.com)

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