

SOME ACTIVITIES ON OFFER

- * YOGA * * MASSAGE * * DANCE *
- * CREATIVE MUSIC * * SWIMMING *
- * EXTEND EXERCISE CLASS *
- * GYM * * SPORTS * * GAMES *
- * LITERACY & NUMERACY *
- * ARTS & CRAFTS * * COOKERY *

SOME COMMENTS FROM SERVICE USERS

- * *It's a Lifeline!*
- * *I have become more aware of what I can do rather than what I cannot do!*
- * *People talk to me, not at me!*
- * *It has given me a feeling of self worth.*
- * *It makes me realise I do have something to offer.*
- * *It gives my wife a break.*
- * *It's magic!*

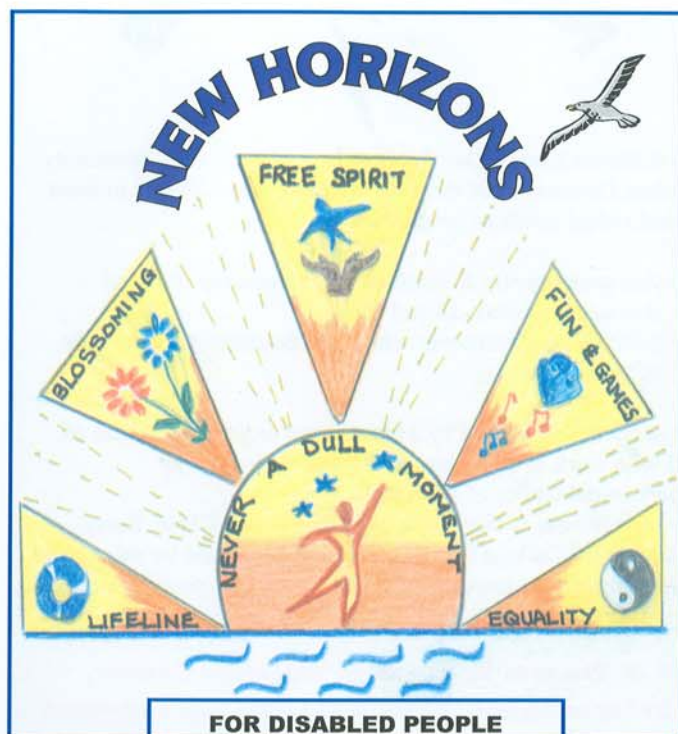
INTERESTED?

If you would like to join us at New Horizons, you will need to be assessed by a social worker.

If you would like more information, please contact

SUE RYDER on **01446 730402**

This leaflet is also available in welsh



Vale of Glamorgan Council
Community Services Directorate



is a different kind of Day Service, provided by the Community Services Directorate of the Vale of Glamorgan Council to meet the individual needs of people who:-

- ♦ Are permanently & substantially physically disabled
- ♦ Are aged between 18 and 65
- ♦ Live in the community within the boundaries of the Vale of Glamorgan

The service is delivered by a trained and experienced team of staff who work in accordance with the National and Departmental Codes of Practice

The service base is Hên Goleg, College Fields Close, Barry (near the Old College Inn). This base is also used by other local organisations who provide support for disabled people. Activities take place at the centre and in the community.

“ We aim to promote Equality, Choice, Independence, Empowerment and Personal Development ”

We hope to increase the quality of life and

NEW HORIZONS

available to each service user and to increase awareness of disability within our local community.

WE COULD HELP YOU -

- ♦ To become more confident & independent
- ♦ To improve your health, wellbeing & self esteem
- ♦ To maintain & develop skills
- ♦ To access information
- ♦ To meet people and make new contacts
- ♦ To achieve personal goals
- ♦ **TO ENJOY LIFE**

BY PROVIDING -

- ♦ Individual needs led day service plans
- ♦ Personal care
- ♦ Support with activities
- ♦ Respite & support for carers
- ♦ Accessible transport
- ♦ Emotional support
- ♦ Healthy meals
- ♦ An accessible environment
- ♦ Community activities
- ♦ Support for communication
- ♦ Advocacy
- ♦ Therapeutic & creative activities
- ♦ Support to access education & employment
- ♦ An information resource
- ♦ Beauty therapy
- ♦ Social activities
- ♦ **LAUGHTER & FUN**