



# Grace House

Enriching the lives of disabled children,  
young people, and their families

## Our Services

Funded by





## About Grace House

Established in 2003, it was the vision of Kathy Secker who thought "Children deserve to have an amazing place where they can come to laugh, learn and live life to the full". Kathy launched a huge community fundraising drive, and her vision became a reality with the creation of Grace House.

We are based in Southwick, Sunderland a fully accessible building offering an 8-bed short break stay and many additional facilities. Over the years the Charity has developed to provide a range of services to enrich the lives of all the members of the family who live with the child, either with a diagnosis or who are undergoing diagnosis living in the North East.

## Covid Support

We understand the pandemic has caused extra stress for our families and we have developed new workshops to help parents and family carers through this difficult time. These workshops are:

**Emotional Freedom Technique (EFT):** A practical introduction to EFT where you will learn how to 'tap'. Learn how to tap away fears and phobias and how to tap to help raise your self esteem.

**Crystals:** A very practical workshop where you will discover ways to recognise crystals/gem stones and learn about their many and varied uses. You will have an opportunity to explore meditation with crystals, dowsing (pendulum use) and use many different crystals during the workshop.

**Reiki:** We are able to offer training for adult family carers in Reiki so that the carer can then offer Reiki to their disabled child.

**“Being able to speak to people in the same situation can be very useful. I would recommend the Reiki to anyone. I’m just thankful for coming to Grace House. When I met staff I was at crisis point and to be supported to where I am now is amazing”**

Pre assessment and booking required

Contact Anthony on [AG@gracehouse.co.uk](mailto:AG@gracehouse.co.uk) or call 0191 435 2083

# Our Facilities



## Short Breaks

Specially designed to provide bespoke breaks tailored to the specific requirements of disabled children, supported by highly trained staff. Short breaks provides a fun, exciting sleep over opportunity.

For more information please call Emma on **0191 597 9191** or email **[emma.charlton@scaschildrensservice.org.uk](mailto:emma.charlton@scaschildrensservice.org.uk)**

Pre- assessment required



## VR Room

Our VR Room is a state-of-the-art area where children can have fun and learn in an immersive environment. From squashing bugs on the floor to travelling to the moon, children of all ages and abilities can enjoy this safe space.

Pre booking required and some charges may apply.

Contact Harry on **[HF@gracehouse.co.uk](mailto:HF@gracehouse.co.uk)** or call **0191 435 2088**



## Grace House Garden

Grace House knows the importance of outdoor space, so we have recently developed a fully accessible garden where families or adult carers can meet for some relaxed time together.

Pre booking required, Contact Victoria on [VB@gracehouse.co.uk](mailto:VB@gracehouse.co.uk) or call 0191 435 2088

# Our Services



## One Place Your Space

One Place Your Space offers counselling for adult family carers, non-disabled siblings, and disabled children. Training is also available to families in holistic therapies to enable them to offer support to their child.

This is a free service, Contact Anthony on [AG@gracehouse.co.uk](mailto:AG@gracehouse.co.uk) or call **0191 435 2083**



## Youth Groups

We run youth groups for disabled young people aged 14-25 years old. The groups are structured and provide opportunities for interaction and friendships between young people. Places are allocated depending on their suitability for the young person.

This is a free service, Pre assessment and booking required. Contact Lesley-Ann on [LAF@gracehouse.co.uk](mailto:LAF@gracehouse.co.uk) or call **0191 435 2088**



## #Skills at Grace House

We are currently supporting disabled young people aged 16-25 years with work-based opportunities. The range of work varies from admin, reception, gardening, and fundraising.

Pre assessment required, Contact Victoria on [VB@gracehouse.co.uk](mailto:VB@gracehouse.co.uk) or call **0191 435 2088**



## You Are Not Alone

Provides both therapeutic and activity sessions for either family carers or the whole family. These can range from a fun trip to the cinema, Mindfulness, Yoga, or something with a creative focus. The activities change on a regular basis, so please ring or email to find out what is currently being offered.

Booking required, Contact Lyn on [LK@gracehouse.co.uk](mailto:LK@gracehouse.co.uk) or call 0191 435 2084



## Nurturing Sessions

Our nurturing sessions consist of a 4 week series of online Zoom sessions in which coping strategies and sensory techniques are shared along with routine support. These are bespoke sessions that are tailored around each family's needs. We provide a wide range of sensory equipment to help implement strategies recommended around sensory seeking behaviours.

Contact Lesley-Ann on [LAF@gracehouse.co.uk](mailto:LAF@gracehouse.co.uk) or call 0191 435 2088



## Family Support

This project provides families who have just received a diagnosis of their child's condition with face-to-face support to navigate and understand the health and social care systems.

Pre assessment and booking required, Contact Lesley-Ann on [LAF@gracehouse.co.uk](mailto:LAF@gracehouse.co.uk) or call 0191 435 2088



HM Government



## Let's keep life moving.



Covid 19 is still with us. Even if you've been vaccinated, you can still get the virus and you can still pass it on. Please keep protecting each other by continuing to:

- Wear a face covering indoors, particularly in crowded areas and on public transport to protect others, including our front-line workers who we all rely on.
- Wash your hands often and meet outdoors when you can or let fresh air in if you are inside.
- Test regularly when you don't have symptoms and isolate immediately and get a PCR test if your home test is positive or if you have any symptoms, no matter how mild.
- Get vaccinated as soon as you can and remember to get both doses.



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[www.gracehouse.co.uk](http://www.gracehouse.co.uk) • 0191 435 2088

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