



Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.

Darlington Association on Disability - Independent Living Hub

The Independent Living Hub is led by the people using the service and is based on promoting equality, independence, choice and control.

The Independent Living Hub:

- provides support staff, volunteers, accessible premises, including kitchen, equipment and resources such as computers.
- supports young people and adults to work at their own pace to devise Personal Development Plans; setting goals which include access to education, training, leisure, voluntary work and employment.
- provides courses including Life skills, Confidence Building, Disability Equality and Personalisation and Independent Living Skills, such as cooking, budgeting and travel training.
- offers emotional, peer support, social opportunities and community involvement.
- offers outreach opportunities, including one to one support in your own home and/ or to access the community, for example, meeting new people, shopping or leisure activities.

When is it on?

Time of day	Morning Afternoon
Session information	9.00am - 4.30pm

Who to contact

Contact name	Rosemary Berks
Contact position	Senior Manager
Telephone	01325 254 840
E-mail	independentlivinghub@darlingtondisability.org
Website	www.darlingtondisability.org

Where to go

Name	The Independent Living Hub
Address	West Lodge West Crescent Darlington
Postcode	DL3 7PS

Other details

Referral and availability notes Users can be referred but can also contact the Independent Living Hub directly.

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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