



# Integrity Care & Support

MARCH 2025

**NEW DAY CENTRE  
OPENING SOON**

## ***Address***

4-5 Rutland Studios,  
Cumberland Park, Scrubs  
Lane, London, NW10 6RE



0208 960 8060



[www.integrity.care](http://www.integrity.care)



[admin@integrity.care](mailto:admin@integrity.care)





# GOALS

1

**OUR MAIN AIM IS TO OFFER A SERVICE TO PEOPLE WHO HAVE NOT BEEN ABLE TO ACCESS DAY SERVICES ELSEWHERE, OR WHO MAY HAVE FOUND THEMSELVES EXCLUDED BY OTHER DAY SERVICES DUE TO BEHAVIOURS OF CONCERN.**

We want to offer people a fun, engaging and safe learning environment, where they can build skills and participate in activities that are fun and enjoyable. We seek to provide a service that reduces pressure on families and carers and enables them to have a break from the caring role, which will allow people to stay living at home for longer. We see the service we offer as aligned with the principles of the **Transforming Care Agenda**, in providing accessible services in the community that will meet the needs of people who may present with behaviours of concern.

2

**EMPOWER INDEPENDENCE AND PERSONAL GROWTH**

Enable individuals to develop life skills, achieve personal goals, and build confidence for a more self-sufficient and fulfilling life.





# GOALS

3

## **ENHANCE EMOTIONAL WELL-BEING AND CREATIVITY**

Provide therapeutic and creative activities to support emotional regulation, self-expression, and overall mental health.

4

## **FOSTER SOCIAL INCLUSION AND COMMUNITY ENGAGEMENT**

Promote meaningful social connections, peer support, and active participation in community life. Provide vocational training aligned with local employment opportunities.

5

## **SUPPORT FAMILIES AND CARERS IN PROVIDING HOLISTIC CARE**

Deliver tailored care, therapeutic services, and resources to support both individuals, families and carers.

## **WHY NOW?**

With a growing demand for tailored support services, this day centre will fill critical gaps in care while fostering independence, health, and community belonging for individuals with learning disabilities. The centre will serve as a regional model of inclusivity and innovation.



# WHAT WE OFFER

Our team of over 30 support workers are matched to each client based on needs

Our day centre aims to create a welcoming and inclusive environment where everyone feels valued and empowered. Whether you're looking for skill-building, creative outlets, or a place to connect, we support you.

## PERSONALISED SUPPORT PROGRAMMES

**One-on-One Support:** Tailored care to help individuals develop life skills and achieve personal goals.

**Behavioural Support Plans:** Strategies to support emotional regulation and promote positive behaviour.

**Social Skills Development:** Structured sessions to build confidence and communication skills.

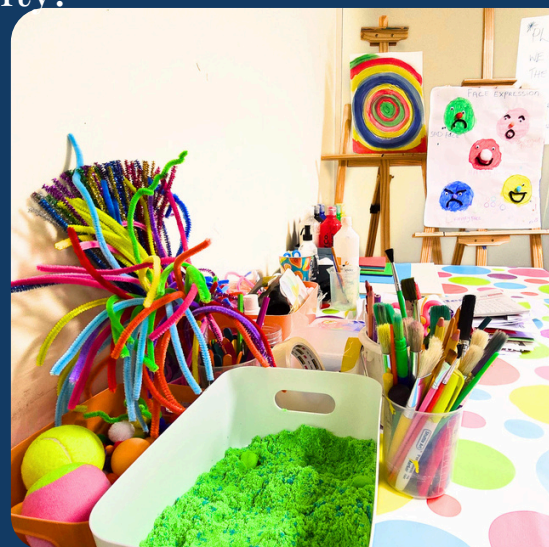






## CREATIVE AND SENSORY ACTIVITIES

- **Sensory Room:** A calming space with interactive lights, textures, and sounds for sensory exploration.
- **Art sessions:** Expressive workshops including painting, drawing, and crafts to encourage creativity.



- **Music Sessions:** Group activities with instruments and singing.







## LIFE SKILLS AND INDEPENDENCE

- **Daily Living Skills:** Workshops on cooking, cleaning, budgeting, and personal care.
- **Travel Training:** Practical support for using public transport and navigating the community.



- **Job Readiness Programs:** Developing workplace skills like time management and teamwork.





## HEALTH AND WELLNESS ACTIVITIES



- **Yoga and Relaxation:** Promoting physical and mental well-being through gentle movement and mindfulness.
- **Adaptive Sports:** Engaging activities tailored to all abilities.
- **Outdoor Adventures:** Nature walks and park visits for exercise and social interaction.



## COMMUNITY AND SOCIAL ENGAGEMENT

- **Peer Support Groups:** A space to connect with others, share experiences and build friendships.
- **Social Clubs:** Fun activities like board games and themed events.
- **Community Projects:** Opportunities to volunteer and engage with local initiatives.



# Integrity Care & Support

Regulated by



Trained in



Restraint  
Reduction  
Network  
Member

Bild  
Association  
of Certified  
Training



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