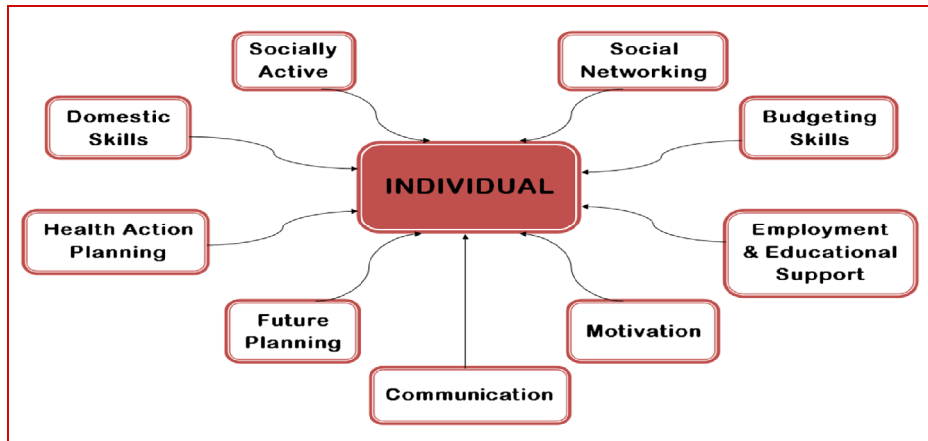


## Opportunities to improve life skills

Within the house, individuals benefit from outcome focused support as outlined below:



Sydenham Terrace offers a thorough assessment to build a person centred approach to an individual's care & support package.

The service is skilled in enabling individuals and encouraging involvement in South Shields community activities and resources.

Please contact the Manager at

### Sydenham Terrace

3 Sydenham Terrace  
South Shields, NE33 2RY

Tel: **0191 454 5383**

Email: [syddenham@potensial.co.uk](mailto:syddenham@potensial.co.uk)



Potens provides a range of services for adults with learning disabilities including those on the autistic spectrum and/or mental health needs plus Korsakoffs Syndrome including residential care homes; single and multi-occupancy supported living/domiciliary care services and day opportunities throughout England, North Wales and N. Ireland.

[www.potensial.co.uk](http://www.potensial.co.uk)

# POTENS SYDENHAM TERRACE

- ◆ Registered Residential home for people with learning disabilities and complex needs
- ◆ Provides accommodation and support for six people
- ◆ Encourages a homely environment, with a variety of facilities
- ◆ Takes a person centred approach, encouraging independence & focused on outcomes for each individual
- ◆ Supports effective communication & activities of daily living
- ◆ Facilitates access to local inclusive community activities

**Sydenham Terrace** is close to the town centre and offers a variety of community based activities within South Shields. The service provides people with the necessary support packages, including individualised support & care, within a stable environment, aiding activities of daily living.



### Facilities at Sydenham Terrace

**Spacious** terraced house

**6 Single** rooms, over three floors, complete with wash basin

**Each bedroom** may be personalised by each individual to reflect their personal preferences

**A variety** of communal rooms, such as a large lounge, dining room & kitchen

Separate laundry room

**Walled** front garden & rear yard, with area for sitting

