



No Limits

A community based service providing day opportunities for adults with profound and multiple disabilities

What is No Limits?

We are one of Derbyshire's first specialist services supporting people who have profound and multiple learning disabilities. Our aim is to enable people to live a full and active life while ensuring their emotional, physical, health and support needs are all fully met.

What can we offer you?

An essential lifestyle plan

The plan is created together so you have choice and control around your life. This puts you at the centre of our service and guides us as to how you want and need to be supported. This includes a programme tailored to meet your individual needs.

Therapeutic activities:

- Hydrotherapy - sensory sessions and/or aquatic therapy programmes.
- Sensory rooms - multi-sensory sessions utilising links with the community.
- Postural care - working in partnership with our colleagues in health to carry out individual physiotherapy programmes, posture passports and passive movements.
- In house activities - which include music, crafts, baking, tailored sensory sessions and many, many more.
- Social activities - promoting friendships and relationships; supporting you to become an active member of your local community. This can include bowling, swimming, drama, social outings and accessing local community facilities such as the library, church and cafes etc.

Working in partnership

Working as care partners with people, parents, carers and other professionals in health and social care.



Where are we?

We are based on the ground floor at West Street Resource Centre close to Chesterfield Town Centre. However, we are not entirely building based.

When are we open?

We will work closely with you to provide support when it is needed. Our core hours are 9am until 4pm, Monday to Friday, although we can be flexible in how we deliver our service.

There are opportunities for people to be supported in the evenings and weekends to access community social activities.

We have excellent disabled access and full changing facilities, as well as on-site free parking.



Contact

Jayne Whitton - Unit Manager

Mobile: 07717541504

No Limits (PMLD Service), c/o County Behaviour Support Service,
SEN Support Services Centre, School Road, Chesterfield,
Derbyshire, S40 4TZ

Tel: 01629 533441

No Limits Team

West Street Resource Centre, West Street, Chesterfield,
Derbyshire, S40 4TY.

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Adult Care County Hall, Matlock,
Derbyshire, DE4 3AG.
Call Derbyshire **01629 533190**

