



## How do I find out more about this service?

Contact: Sherrick House on 020 8203 4860  
[billie-jean.lockhart@barnetmencap.org.uk](mailto:billie-jean.lockhart@barnetmencap.org.uk)

or

Speak to your Social Worker or Duty Social Worker



Registered Office  
35 Hendon Lane  
Finchley  
London N3 1RT  
Tel: 020 8349 3842  
Fax: 020 8349 2192  
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[projectsupport@barnetmencap.org.uk](mailto:projectsupport@barnetmencap.org.uk)



# Sherrick House



## Short Breaks - Respite

## What is respite care?

Caring for someone you love, whilst rewarding, can also be very tiring and demanding. It's important to take a break from time-to-time.

Even the best carers need a little break.

Respite care provides an opportunity for family carers to have a little time just for themselves.

Whether it's for an appointment, to spend time with family, or to take a holiday.

Sherrick House offer skilled, trained staff who will take care of your loved one.

The individual has a chance to spend some time having fun and participating in activities centred around his or her needs.

Breaks at Sherrick House can range from just a few hours to a few weeks. We can even plan in advance for regular stays.

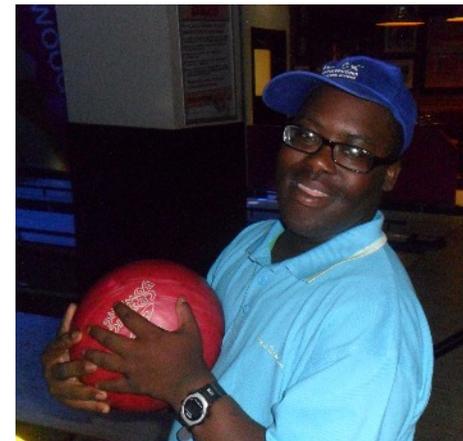


## Charges

Hourly rate £16.45

Full day support £98.70

Night rate £196.55



The Local Authority produces an information leaflet about charges.

Your social worker can show you this.

People can also use their Personal Budgets to pay for the service.

We would be happy to help you explore options to reduce or eliminate your out of pocket costs whenever possible.

## What next?

If you are interested in respite care with Sherrick House for yourself, a relative or friend, please contact the service to discuss your requirements.

## Independent Living Skills

At Sherrick House we have a large focus on developing independent living skills.

Mature adults who have not previously learnt daily living skills can, with appropriate support, make significant steps towards independence.



Specifically, independent living skills sessions will include:

- How to use domestic appliances such as a washing machine, hoover etc.
- Menu planning, shopping and basic cooking skills



## House Environment

The premises has a spacious lounge, kitchen and dining area with access patio and an enclosed garden. There are two downstairs bedrooms, which are wheelchair accessible.

The downstairs bathroom is also wheelchair accessible, and has a bath, shower facility and toilet. There is a laundry room and guest toilet.

Upstairs, there's a separate bathroom and toilet, a games room and two further bedrooms for people who use the service.

Each room is fully furnished and has a television.

We offer a range of home cooked and nutritious meals and cater for special diets.

## Holidays

Just Holidays is a service that provides unforgettable supported holiday for adults with learning disabilities and/or autism in group settings throughout the United Kingdom and parts of Europe.

Our aim is to support people to have the holiday of a lifetime, provide life-enhancing experiences and opportunities to socialise and build new friendships.

All holidays are led by our qualified support staff with a ratio of 2 to 3 guests to one staff member; this would be reviewed if there are higher support needs.

We have a choice of fantastic supported holidays available throughout the year that offer something for everyone - whether it's a fun and exciting holiday, just relaxing by the pool or a quiet rural retreat.



*Take a look through our holiday timetable!*

## Activities

At Sherrick House, we offer a range of activities to the people that use our service.



Activities, outings and entertainment are used as tools to help the people we support to socialise, stay well, have fun, maintain interests and hobbies and enjoy being involved in groups and their community.

They can also encourage independence, social inclusion, communication or expression of feelings.

Activities are planned with individuals by exploring their own interests, hobbies and goals.

