



Sharon Collins Resource Centre provides day opportunities to disabled adults living in Brighton & Hove. Staff are trained to provide a high-quality, tailored and flexible support for people with a range of physical disabilities, learning disabilities and complex health needs. We also offer some support for individuals on a weekend.



Introducing Sharon Collins Resource Centre

We are open Monday to Friday offering sessions on a range of activities including: photography, art, yoga, performance, cooking, games, and music. We focus on communication, self-regulation, choice making, life skills and having lots of fun! We are about supporting people and are not defined by one type of support. What we provide is different for each customer, based on their needs and wishes. Customers can be supported to learn and develop skills in:

- Caring for themselves
- Living independently
- Building and maintaining relationships with friends and family
- Accessing services, resources and activities in the community

we understand how important it is to understand and support people to develop their communication skills so they can have choice and control in their lives. We also know that understanding the different way we can experience the world through our senses can have a big impact on how comfortable and confident we can feel. At the Sharon Collins Resource Centre, we give disabled adults the opportunity to try a full range of indoor and outdoor leisure and social activities, both individually and as part of a group. This includes:

- creative arts, music and drama, including storytelling and shadow puppetry
- computer and cookery workshops
- sensory relaxation
- leisure activities, including the cinema, bowling and shopping

In the community we support people with any of their desired activities and help to create links in the community, including swimming, horse riding, badminton, arts, shopping, and much more. Through our flexible support you'll gain new skills, confidence and independence. It's your choice what you'll do.

Enhancing the lives of the people we support 





Our Services

- Are outcome-focused and highly person-centred.
- Provide Monday to Friday day centre support
- Provide activities tailored to the interests of the individuals we support both in and out of the home.
- Are holistic, with person-centred care and support developed in collaboration with the people we support, their families and a multi-disciplinary team of health care professionals.

The Team

The team is led by an experienced Manager with many years of supporting people with learning disabilities and complex needs. The staff team are committed and focused on meeting the needs of the people they support.

"Christine and her team are absolutely awesome. There is absolutely no substitute for experience and professionalism. If you are lucky enough to secure a place here for your loved one, you will not be disappointed."

- Google Review

"People were consistently supported by staff they knew well. A relative told us, "It's so good to have people that respect our home and are happy to have a relationship with me and family as well. There are no divisions – we are all part of life."

- CQC Report



Sharon Collins Resource Centre

To make a referral, for further enquiries and for more information:

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Watch our video



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