

### What our families say

“Our son absolutely loves coming to St Oswald’s. It’s such a lovely place. It’s a change from home for him and he enjoys mixing with the other children. We are so grateful to St Oswald’s, it’s a very special place that combines both fantastic nursing and social care.” - **William’s Mum**

“I love coming to St Oswald’s because I can do any of the activities that they have here. There is lots of room to be able to whiz around in my wheelchair. At home I have a small bedroom and there isn’t much space, so I like the freedom here.” - **Ellen**

“My Grandson benefits from the Children’s Unit. Nearly everyone has known or heard of someone who has had help from St Oswald’s. But it is not until you visit there and see the work the staff do that you realise how wonderful the place is.” - **A Grandad**

If you would like to fundraise for St Oswald’s Children’s Service, please contact our Fundraising Team at [fundraising@stoswaldsuk.org](mailto:fundraising@stoswaldsuk.org) or 0191 246 9123. We have a dedicated team of Fundraisers who are on hand to offer advice and support.

To find out more about our work visit [www.stoswaldsuk.org](http://www.stoswaldsuk.org)

Find us on:



This leaflet can be made available in a range of formats on request. Please speak to a member of the team if you require a different format.

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Website: [www.stoswaldsuk.org](http://www.stoswaldsuk.org) Registered Charity No. 503386

All money raised in Sunderland and South Tyneside is placed in a restricted fund used solely for our Children’s Service.

# St Oswald’s Children and Young Adults Service

## All about us...



### About our service

Our Children and Young Adult Service provides specialist short breaks to children and young adults aged 18-25 with progressive, life shortening and life-limiting conditions.

Based in Gosforth, Newcastle upon Tyne, our purpose built facility provides accommodation for up to six children and young adults, and their families, at any one time. Over fifty local families benefit from our services each month.

The children we care for require high levels of support from our team, including management of challenging symptoms and respiratory support.

### Our residential short break service

Everyone needs regular breaks and a chance to have some time out and fun. Parents and carers of children with a health condition - that is likely to lead to a shortened life expectancy - are no different.

If a child or young adult has a health condition that won't get better and they are also severely physically disabled, they need an environment that provides the right sort of skill, expertise and support.

With this in mind, we have a team of skilled staff who can respond to meet the complex health, emotional and social needs of the children and their families, including doctors, nurse, physiotherapists, social workers, chaplaincy and complementary therapists.

### What do we offer?

We aim to make each child and young adult feel special and enable them to enjoy taking part in 'normal' activities that most of us take for granted.



We have arts, crafts and games for all ages and abilities, a wet play area, DVDs, videos, games consoles, karaoke and PCs (with internet access). We also have an multi-purpose therapy and sensory room and landscaped gardens. We often take the children and teenagers on trips out. This includes bowling, the cinema, swimming and various leisure centres.

The Young Adults Social Group also meet up once a month for fun, friendship and peer support.

### Family care

We are committed to providing a service for the whole family, free of charge. We offer:

- an environment which inspires trust and confidence for families, allowing them to spend quality time together or apart.
- a Complementary Therapy service for children, young adults and their families.
- support for siblings, including a fun, informal and creative session called 'Sibz Day'.
- support for the family if their child dies, whether at St Oswald's, at home, or at another healthcare provider.
- support in making decisions and funeral planning in advance of the death of a child.



### How we are funded

As an independent registered charity, we rely heavily on voluntary giving. Our annual running costs now exceed £10million, of which over £6.5million must be raised through voluntary giving and gifts in Wills.