AapnaServices
Supporting Communities

SUPPORTING HANDS NE
Your Choice Your Way

Newsletter



Celebrating progress, new experiences and achievements across our services.

Here are some highlights from the past six months across Aapna Services and Supporting Hands. People have been learning, trying new activities and celebrating milestones, with support from our staff teams, families and local partners.

2026 So Far.....

Residential Services

We're continuing to expand our residential service, with availability in our bespoke residential homes. Each property is carefully adapted to meet the individual needs, preferences and goals of the people we support, creating a safe, comfortable and personalised environment in which they can thrive. Our approach is centred on promoting independence, building confidence and supporting each resident to achieve meaningful outcomes at their own pace.



The person living in our first home has made exceptional progress, including a successful return to their local community. With consistent support from staff, they have been able to take positive steps towards reconnecting with familiar places and activities. This progress reflects the importance of personalised care and trusted relationships.

We also have another bespoke residential property currently progressing through the CQC inspection process. Once approved, this home will further increase our capacity to provide high-quality, person-centred residential and respite support to individuals with a range of needs.

Our new residential service is currently undergoing CQC inspection.



AUDIT RESULTS

Aapna Services— Middlesbrough Day Care: **100%**
Supporting Hands — Children's Short Breaks: **100%**
Redcar&Cleveland,all services: **No action plan required**

These results reflect the everyday work happening across our services and the commitment of the teams supporting people.

REFERRALS AND ENQUIRIES

Could someone you know benefit from support from Aapna Services or Supporting Hands? We welcome enquiries from individuals, families and professionals about our day care, Short Breaks and residential services.

To make a referral, ask about availability or discuss support directly, contact our team

EMAIL: enquiries@aapnaservices.org.uk
PHONE: 01642 630528



LEARNING DISABILITIES DAYCARE

It's been a busy time at our Learning Disabilities Day Care. People have enjoyed trips to the beach at Redcar and Saltburn, local park walks and an outdoor sports day, as well as movie nights at the social club and baking sessions.



Creativity has been part of the year too, with people making gifts to sell at the Easter Fayre. The service has also taken part in volunteer roadshow events, alongside learning activities and opportunities to try new things.







Makeover

Our daycentre has also had a make over with an additon of a library and realxation corner. it's safe to say it is very popular among our service users!





OLDER PEOPLE DAYCARE

There have been many opportunities to connect, learn and enjoy new experiences. Highlights include celebrating Eid together, visiting Dalton Park and travelling to Egypt. Shared meals, outings and activities have brought people together and created experiences to talk about long after the day is over.



We welcomed Healthwatch for a session about the NHS App, helping people learn how to find NHS information and services. A session on end-of-life care also gave clients and staff space to learn, share experiences and talk openly about dignity, choice and people's wishes.







We also came together to celebrate our CEO's retirement and thank them for their support and leadership.





SHORT BREAKS SERVICES

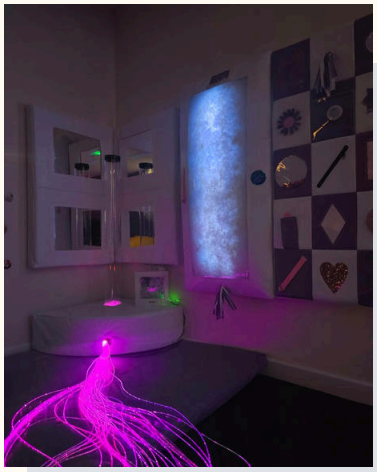
Our Short Breaks service gives children and young people opportunities to enjoy activities, build confidence and develop relationships in a safe, supportive setting. It also gives families and carers planned time to recharge, knowing their child is well supported.



Short Breaks has offered plenty of chances to have fun, try new activities and spend time together. Highlights include Easter fairs, bowling and Jump 360. These outings give people opportunities to make choices, explore new places and enjoy time with others.

We've also seen progress in communication. Some people are expressing their needs and feelings more confidently, while others are learning new words and hand gestures. Through regular activities and consistent support, people are building trust and confidence with their carers.



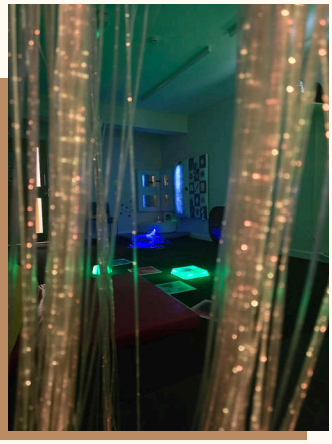




NEW SENSORY ROOM UPGRADE

Our new sensory room gives people a dedicated space to explore sensory activities or take time to relax. Each person can use the room at their own pace, with staff supporting them to choose experiences that suit their interests and needs. We hope it will offer another way to support wellbeing, engagement and individual choice throughout the day.







THANK YOU

It's been an incredible year so far with visits from local companies to share their services to Andy Mcdonald, Middlesbrough MP for recognition for being nominated in the National Diversity Awards 2026!

We would like to give a special thank you to our wonderful staff. Their dedication and hard work make a real difference to the care and support they provide every day.

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