

One place, your space.

Grace House children's charity welcomes children and young people from across the North East with complex disabilities, health needs and who may have life limiting conditions. In partnership with Sunderland Care and Support, we have the facility to offer overnight short breaks to children aged 5 up to 17 years and 11 months in a fun, safe, exciting environment where children can come and live life to the full. Our purpose built facility not only enables us to offer overnight stays, but also to provide additional services to the whole family.



Complimentary Services and the benefits

From the success of a grant application, we have created and developed our One Place, Your Space project. The project offers family and carers of children who are eligible to stay at Grace House complimentary holistic therapy, support groups, individual counselling sessions and sibling support groups. All sessions will be held at Grace House in a comfortable, friendly and relaxed environment. As this is a grant funded project, we are able to offer this service to families and carers of children aged 0 – 25.

One Place, Your Space is a free service, aimed to help build individual resilience and to encourage carers to engage in activity outside of their caring role. Support groups, counselling sessions and sibling support groups will provide a space for carers to talk about the physical, mental and practical challenges faced in caring for a disabled child, as well as looking at how these challenges can be addressed.

Holistic therapy sessions will aim to ease the physical stress of a caring role, whilst providing a relaxing retreat. Other benefits include the potential relief of muscular-skeletal strains that are associated with the demands of providing physical/personal care.

We recognise that all families caring for a disabled child might wish to benefit from these services. Therefore, families whose children are not eligible to stay at Grace House can use the services at a subsidised cost:

- Holistic Therapies: £10 for 30-minutes or £15 for an hour
- Support Groups: £5 per person
- Individual Counselling, 6-week course: £50

To help you decide if this is something you wish to take advantage of, your first session will be free.

Sensory Room

Our purpose made multi-sensory room was designed and equipped by Spacekraft and contains a range of light and sound equipment and toys to gently stimulate and relax. The Grace House sensory room is available for bookings during term time only, Monday to Friday between 10am and 5pm.

Grace House is designed for disabled children with health needs and who may have life limiting conditions, who will always be given priority when booking and can utilise the room for free. However, other disabled children as well as non-disabled children aged 18 months and under can utilise the sensory room at a cost and prices are available upon request, or you can pick up a leaflet to find out more details.

In order to benefit from the One Place, Your Space services you will need to become a member. Membership is free and registration forms can be requested by contacting Grace House.

For more information or to book an appointment please contact

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 Grace House North East  @GraceHouse10

pretty.
amazing creative



Grace House
short break & respite care for children & young people

www.gracehouse.co.uk