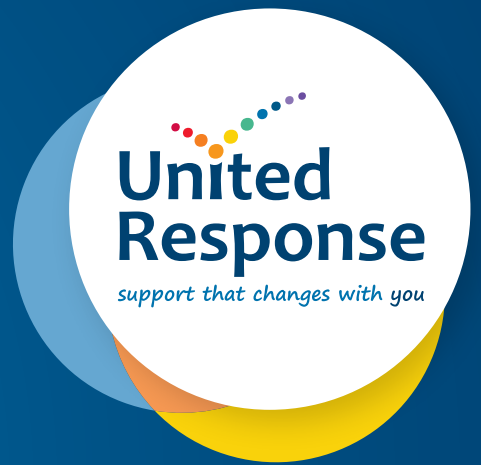
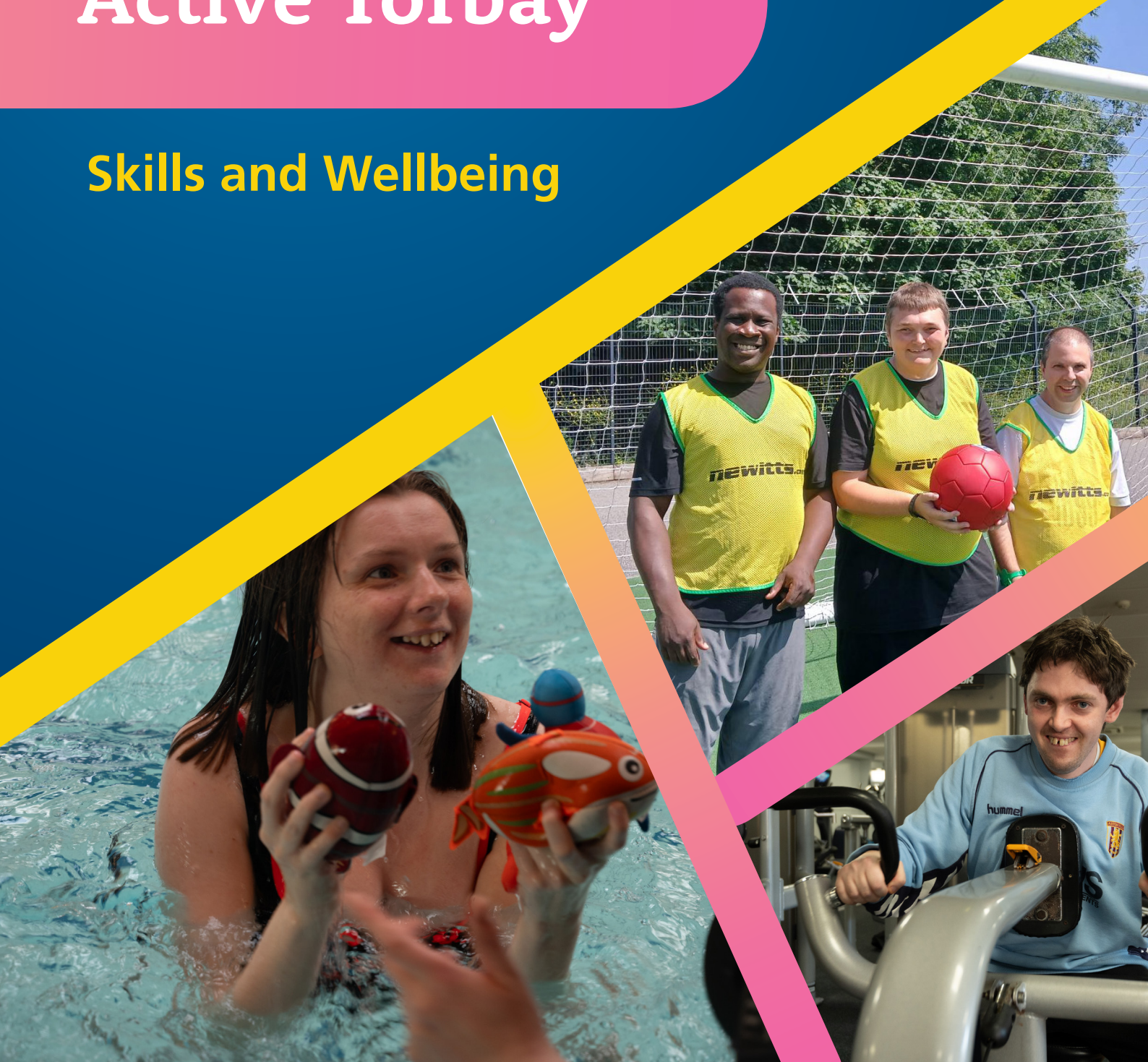




Active Torbay

Skills and Wellbeing



Who we are

Across England and Wales, United Response is rooted in local communities offering networks of support for people with learning disabilities, autistic people and people with mental health needs.

Founded in 1973 with just one home, we now have community hubs up and down the country.

Active Torbay is a fun and inclusive, community day service based at Torbay Leisure Centre in Paignton.

We offer a large range of sports and activities, as well as health and fitness education. We believe sport should be accessible to everyone, regardless of ability, and set personal goals for each of our attendees to help them stay motivated and on the right track towards a healthier, happier life.

Where we are

Active Torbay
Torbay Leisure Centre
Paignton
Devon
TQ4 5JR



Racket sports

Physio swimming

Football skills

Health suite

Pool games

Wellbeing group

Gym

Resistance group

Swimming

Hockey

Dance

Football

Cycling

What we do

We offer a jam-packed activity programme where there's something for everyone.



Multi-sports

Our multi-sports sessions provide a fun and safe environment to learn and develop skills. We offer a huge range of sports and activities, coached by our dedicated and experienced Active team, and all are fully adaptable, inclusive and reflect the group's ability.

We work with people to support choice and build confidence.

We are lucky enough to be based close to a lovely beach and coastal paths so this is a great option in the summer to improve fitness through walking or cycling. We also have access to Torbay's Velopark which has a range of bikes, recumbent bikes, trikes and adaptable accessories.



We have a dance group that was developed by our pupils and co-workers.

The people we support have the opportunity to take part in tournaments, as well as internal and external competitions. These experiences encourage skill development, social inclusion and a sense of achievement.

"I love the staff at Active Torbay, they make me laugh every day. Sessions are fun and interesting. My favourite sport is badminton."

Becky



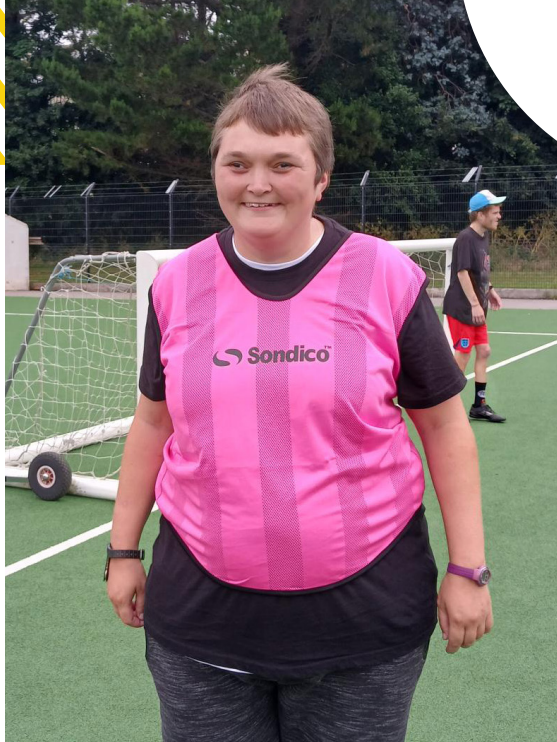
The fully equipped gym provides a safe and inclusive place where people are supported to improve fitness, strength and work towards personal goals. Each person has their own personalised gym programme, which is developed with them to reflect their abilities.

Our fully qualified staff record each person's progress in the gym and also complete a body analysis bimonthly to monitor weight, BMI & muscle/fat percentage. This enables us to help them achieve their goals and ensures each person's gym programme reflects their full potential.

Gym



Football



Our Active Torbay football sessions are very popular and are led by fully qualified football coaches.

We cater for all abilities to ensure inclusion throughout our sessions, which are aimed at improving agility, balance and co-ordination, as well as improving ball control, passing and shooting skills.

Learning opportunities are also provided and we can support people to complete several football qualifications.

"I like making people laugh, playing football with friends and learning new skills."

Kurosh



Swimming

Our swimming sessions are a great way to improve fitness and stamina whilst having fun. People have full use of the swimming pool and health suite; which includes a Jacuzzi, steam room and sauna. Staff will swim or work pool-side to support and encourage each swimmer.

People have the option to start a swim challenge which enables them to achieve certificates, medals and mini trophies and make progress, as well as improving their fitness in the pool. Another option is water safety training, which is a fun way to learn about being safe in the water and practise new skills.

Active Torbay also offers the opportunity to participate in the Active Swimming Squad swimming events, both internally and externally.



Our other services

United Response Skills and Wellbeing also includes:

Creative Hub Torbay - a bustling community hub offering sessions in creative arts, including drama, music and art and design, as well as computers, gardening, walking and social groups.

Lower Sharpham Barton Farm - a working farm where people have the opportunity to learn animal husbandry, horticulture, forestry, metalwork, woodwork and nature conservation and rewilding.

Get in touch

For more information about any of our Skills and Wellbeing services, or to come along to a taster day, don't hesitate to get in touch.

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