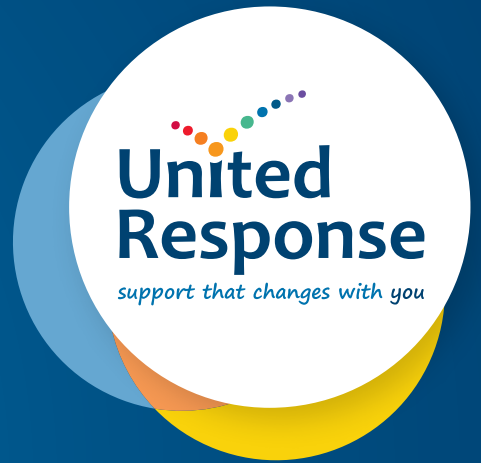
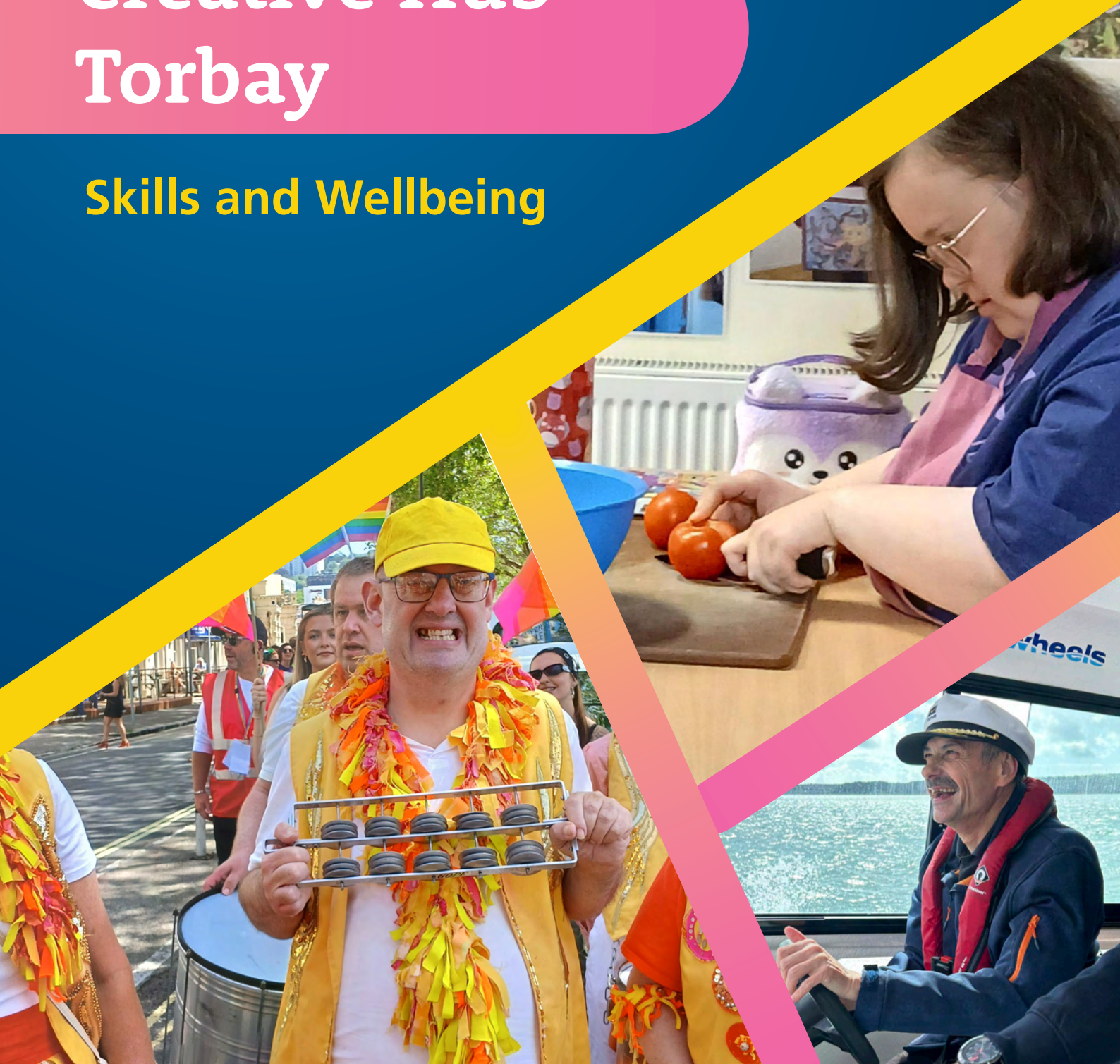




# Creative Hub Torbay

Skills and Wellbeing





# Who we are

**Creative Hub Torbay is a bustling community hub based in the heart of Devon. Run by the national charity United Response, we offer a mix of fun and skill-boosting activities for people with learning and physical disabilities, autistic people, and people with mental health and sensory impairments.**



## **Everyone who comes along to our hub is promised two things:**

**1** A personalised plan, created with them, setting out what they want and need to get involved in our activities and others parts of life. This is a flexible plan, and can be refreshed to make way for new interests or changed circumstances whenever the need arises.

**2** The chance to get stuck into new things with dedicated support, so they can unlock hidden talents, embrace new friendships and wake up each morning excited for the day ahead.

We want everyone to live big lives they can feel proud about. By giving people the option of group sessions or 1:1 support, and using a host of inclusive adaptations and technology, we make sure that can happen safely for everyone, no matter their ability.

And all of our sessions - whether based at the Hub or out and about in the local area - are designed to develop people's social skills and maximise independence.



**Creative Hub Torbay is nestled in the middle of Paignton town centre, close to the picturesque seafront. We're accessible by all major bus routes and only a short walk from Paignton train station. You can find us here:**

# Where we are

**Creative Hub Torbay  
35 Hyde Road  
Paignton  
Devon  
TQ4 5BP**



# What we do

Creative Hub Torbay is open Monday to Friday and our popular programme of activities includes something for everyone.

From creatives and story-tellers, to nature-lovers and techies, the people who join our sessions are greeted by professional facilitators who live and breathe their area of expertise. Our sessions cover a mix of core and creative skills.

Here's a little taster of what's on...

## Gardening

Our therapeutic gardening sessions are designed to improve mental wellbeing through meaningful engagement with nature. People can build their confidence, develop practical gardening skills, and enjoy the benefits of spending time outdoors in a supportive environment.

Sessions include seed sowing, plant care, potting, composting, and learning about the benefits of growing your own fruit, vegetables, and herbs. The produce grown in the garden is used by our cookery group, giving participants the opportunity to see the journey from garden to plate.

Our garden is fully accessible, ensuring that people with a wide range of disabilities can participate, learn, and enjoy the therapeutic benefits of gardening.



Music

Samba

Drama and cabaret

Computers

Walking

Photography

Cooking

Aspects Crafts

Wellbeing

Social Group

Gardening

Creative Art



## Cooking

Our cooking classes are great for kitchen novices or budding chefs alike. We teach nutrition, food hygiene, and healthy eating routines whilst encouraging people to step away from their comfort zone, experiment with new ingredients and let their inner chef break free!

Our kitchen is wheelchair accessible and uses adaptive equipment, and all of our sessions incorporate light literacy and numeracy to help people learn life skills in a non-pressurised way.



## Computer groups



For our more tech-driven learners, we offer training in a range of beginner and intermediate ICT skills. For computer novices, our back-to-basics sessions cover how to use email, the internet (including internet safety), and common Microsoft programmes. For those looking to use their digital knowledge more creatively, we cover gaming, online puzzles, digital media and music.

We love to bring people's personal passions into the mix and will happily tailor our content as much as possible to keep the session content lively and relevant for everyone.

We're proud to have a fully-inclusive IT suite boasting a range of accessibility aids, including touch screen monitors, roller ball mice and large print and braille keyboards.

Our social groups bring like-minded people together to explore the county through days out and group get-togethers. Popular pastimes for our social group include visiting the library and looking for other social groups within the community to join, going to coffee shops/pubs to play pool and have a chat, and bowling. These groups are a brilliant way for people to forge new friendships, try new things and see what their local area has to offer.

## Social groups



## Walking groups

Nothing beats some fresh coastal air or rolling countryside when it comes to giving our mental and physical health a boost. Our guided walking group helps people make the most of the beautiful area they live in whilst feeling good on the inside and outside.



# Art, Design and Crafts

Printing

Book-Making

Textiles

Photography

Painting

Drawing

Jewellery-Making

Sewing

Embroidery

Weaving

Knitting

Paper-Maché

Clay Modelling

Sculpture

These sessions are all about self-expression using as many different hands-on techniques as possible. We teach a huge range of 2D and 3D art skills, and also support our drama, music and dance club with behind-the-scenes work in props, scenery and costume-making.

We're proud of all of the work our attendees create, and organise regular, public displays at various venues across Devon where they can showcase their amazing art.

"Everyone is welcome and everyone can join in."

Claire







**Drama,  
music and  
dance**

“We get to show off  
our skills, not our  
disabilities.”

Joshua

We love seeing people find new ways to tell stories – both their own, and those made famous by world-renowned playwrights. Our drama, music and dance performers are taught the art of powerful storytelling through play, objects, movement and words, using improvisation and group work to finesse their skills. Past performances have covered hard-hitting issues such as hate and mate crime, loneliness and inequality, as well as the lighter side of life including exploring local history and the life and times of Charlie Chaplin. These sessions are bursting with opportunities to have fun, gain confidence and be part of a team.

As well as our regular drama sessions, we also offer Synchro, which is storytelling with acting and the use of sensory aids.



For musical-lovers, our Cabaret Club is the perfect fit! Here, people can practice vocal and physical warm-ups, songs and dance routines, even creating their own music videos.

And last but not least, for beginner and experienced musicians, we have our notoriously flamboyant Samba band – Samba ROC – which has been performing professionally to audiences nationally since 2003. Members can play traditional Brazilian Samba percussion instruments and will join their bandmates performing at football stadiums, festivals, carnivals and even royalty!

Contact us to find out our rates  
and how you can book us.





# Our other services

United Response Skills and Wellbeing also includes Active Torbay, offering accessible sports and fitness activities, and 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 information on referrals to any of our Skills and Wellbeing services, please get in touch at:

Email: [skills.devon@unitedresponse.org.uk](mailto:skills.devon@unitedresponse.org.uk)

Phone: 01803 868550 / 07551 106050

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

For postal enquires, write to our main office at:

Creative Hub Torbay  
35 Hyde Road  
Paignton  
Devon  
TQ4 5BP