

Transforming the lives of children, young people and adults with disability across Gloucestershire



Chamwell Centre

Overcoming disability in Gloucestershire

The Chamwell Centre Charity's mission is to provide a visionary and unique facility to enhance the lives and wellbeing of families raising disabled children and young people, as well as adults with disability, throughout Gloucestershire.



We believe 'Inclusion' matters and the Chamwell Centre supports access and empowerment for people of all abilities. It's also about challenging attitudes, focusing on the ability rather than the disability of an individual.

We want to be there for every person with disability promoting confidence and self-esteem. Our aim is to support the whole family and not just the person with disability.

This is why we've invested over 5 million pounds to create the Chamwell Centre and facilities, including our 'state-of-art' equipment and one of the largest hydrotherapy pools in the country. The Chamwell Centre is the only facility of its kind in Gloucestershire.

Through our services we aim to change the lives of people with disability and their families and carers in our communities focussing on:

- How they feel
- How they function both physically and socially
- How they grow and flourish

Since opening in 2021, The Chamwell Centre has served the pupils of The Milestone School and SAND Academy special schools, as well as children and adults from the wider community, all with complex additional needs. The specialist nature of our facilities and services means our running costs are in excess of half a million pounds a year and yet we receive no statutory funding!

Now we are fully open, and as we grow, we continue to seek the generous support of individual donors, trusts and foundations, businesses and the public. Now is the time to grow so that we may continue to support children, young people, adults, and families, across Gloucestershire for generations to come.

Dr Marie Owen
President

Our vision is for everyone, no matter their ability, to access sport, leisure activities, therapies, clubs and social opportunities, all in the spirit of friendship and equity.

Our values:



Progressive

We are pioneers in physical and social interventions



Nurturing

We encourage everyone to reach their potential in a safe and caring environment



Inclusive

We welcome everyone.

Transforming lives

Many of the children, young people and adults the Chamwell Centre support have high personal care, therapy and medical needs, along with a wide range of disabilities. These include cerebral palsy, muscular dystrophy, profound and multiple learning disabilities, acquired brain injuries, autism, sensory impairments and challenging behaviours.

The team, from therapists, teaching staff, café and centre employees and volunteers are all dedicated to supporting children, young people adults and the whole family feel totally at ease.

The Chamwell Centre is designed around individuals and their needs. Our focus is always on what a person wants to do no matter how big or small - making friends and sharing achievements, smiles and often raucous laughter!

Chamwell is where we want to listen and respect everyone and focus on a person's strengths and hopes.

We are a friendly and diverse community and a place that helps create a real sense of camaraderie.



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Every hour of fun therapy, emotional and practical support which we provide aims to help individuals and families feel less isolated and more physically and mentally engaged.

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Our Facilities

Our approach to therapy is to enable our members and families to follow their personal therapy plan under the auspices of leisure and play, or as we like to call it, 'fun therapy'. But Chamwell is not just about therapy, as we have a growing number of sports and social clubs and we host children's parties and family pool sessions.



Hydrotherapy

Hydrotherapy is a specialist treatment that uses the properties of water to treat a wide range of conditions. The temperature in our hydrotherapy pool is kept at a constant 33-35°. This results in hydrotherapy having the following potential benefits:

- Relief of pain
- Reduced muscle spasms
- Reduction in swelling with improved circulation
- Ease of movement, joint range and flexibility
- Improved strength and endurance
- Re-education of function, posture, balance and co-ordination
- Improved cardiovascular fitness
- Improved feeling of wellbeing



Soft Play and Sensory Areas (Discovery Zone)

The equipment offers a variety of interactive and sensory experiences designed to stimulate the imagination and encourage exercise through play. It includes steps, slides, obstacles and hiding places.

Rebound therapy trampoline

Our specially designed rebound therapy trampoline enables children with physical disabilities to develop freedom of movement and balance. For able-bodied children with learning difficulties and especially those with autism, trampolining provides a safe and enjoyable sport in which they can excel.



Interactive, adaptive climbing wall

Adaptive climbing walls help children, young people and adults of all abilities improve physical fitness and feel successful. Our climbing wall provides opportunities for climbers to simultaneously develop muscle strength, balance, body awareness, and more. Lower sections of the wall are accessible for wheelchair and standers. The wall also features grab-bar hand holds and ledge-style foot holds to provide stability and extra support for climbers with physical disabilities. Sensory lights create different patterns to provide physical and mental challenges. A hoist system spans the wall and provides additional support to non-ambulant climbers.

Wheelchair accessible playground

A fun and interactive outdoor playground is suitable for all abilities. A sports area has been created for Frame Running and adaptive cycling.



Social Activities

We work very closely with local clubs and organisations to offer a variety of exciting and fun inclusive social and sporting activities including boccia, table cricket and Gloucestershire's inclusive choir. We work with partners including Goals Beyond Grass, Longlevens Rugby Club, Soundabout, Gloucestershire Cricket Foundation and Pied Piper.

Community Café

The Chamwell Centre community café is for both visitors to the Centre and the local community, offering delicious hot and cold food and drinks throughout the day.

The bright and airy café can be found on the first floor of the Centre. Lift access and the availability of our Changing Places facility ensures excellent accessibility for wheelchair users.

Impact

Connor is twelve years old and lives in Gloucestershire. Connor was born with cerebral palsy and uses a wheelchair.

Connor's mum, Tracy explains: "I used to struggle to keep Connor occupied at weekends, as he can't do a lot of activities that most children enjoy. However, since the Chamwell Centre opened, we've

had a full schedule – Connor plays boccia, on Saturdays which is amazing for his motor skills, and it's a good way for him to socialise with friends. Connor also plays wheelchair football and he has joined the new Gloucestershire Inclusive Choir. It's wonderful that there is such a wide range of groups for him to join and I couldn't have wished for a better facility for Connor."



Holly is thirteen years old and attends The Milestone School. She is registered blind and has learning difficulties due to a rare condition.

Holly visits the Chamwell Centre regularly with her parents and twin sister. Her dad, Adam, says: "The Centre has been a great outlet for

the family. We take Holly to play boccia on Saturdays. Holly enjoys socialising and celebrating wins with her friends, and it has really improved her concentration and confidence. The café is one of our favourite areas – it's such a relaxing environment, where no one feels out of place or singled out."



Giving to the Chamwell Centre

The Chamwell Centre began in 2015 as a simple charitable idea to replace the old and dilapidated hydrotherapy pool at The Milestone School, to the creation of a ‘state-of-art’ therapeutic and social hub supporting disability in Gloucestershire. The Chamwell Centre opened in 2022 and is transforming the lives of families with disabled children and young people and adults with disability across the county.

We wouldn't be here now without the generous support of individuals, companies and trusts who chose to back the Chamwell Centre in this exciting journey. As we grow and develop, our services and facilities will support more families, children and adults in our community.

“More than ever we need your help to make it happen.”

Ways to give

Donate online by visiting our website www.chamwellcentre.org.uk

You can:

- Make a one-off donation
- Become a regular donor
- Make a donation in memory of someone or in celebration of a special occasion.

Donate by Telephone

If you would like to donate using a credit or debit card, we can take payments securely over the phone on **01452 767700** - Monday to Friday 9am -4pm.

Post your Donation

To send us a cheque please post it to **The Chamwell Centre, Longford Lane, Gloucester GL2 9EU**, and include your name and address so that we can acknowledge your generosity.

You can set up a regular donation to the Chamwell Centre Charity via standing order. Simply download the appropriate donation form from our website: www.chamwellcentre.org.uk and send it to the address above.

Other ways to support

Corporate Giving

The Chamwell Centre is at an exciting phase of its growth and we are eager to work with like-minded organisations, who can support our work, through fundraising, volunteering, financial donations and many more ways. Organisations who choose to partner with the Chamwell Centre will help transform the lives of families with disabled children and young people and adults with disability in Gloucestershire.

Volunteering

Do you want to make a difference to the lives of disabled children, young people and adults? Are you looking to give something back to your local Community?

Then come and volunteer for us at the Chamwell Centre!

Individual or Group Fundraising

Fundraising can take various forms and we welcome all ideas, however small or grand, weird and wacky!

You might want to fundraise for the Chamwell Centre by holding a sporting event involving your local club or school; undertake a sponsored activity or run a cake sale. You choose – we'll support you.

To find out more, call our fund raising team on **01452 767700**.



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