



Integrating Children and Young People is a small local charity which relies heavily on volunteer activity and local support. You can help our work with local disabled young people through such things as

- Attending our fundraising events or even hosting your own
  - Making a donation to Integrating
- Suggesting to your employer that they sponsor us

OR

More importantly, if you are aware of a disabled child or a young person make them feel welcome and a part of our community.



For further information please contact the following  
 Email: [Integratingchildren@outlook.com](mailto:Integratingchildren@outlook.com)  
 Phone: 07914376228

Address: Bullion Hall, South Approach, Chester Le Street, DH2 2DW



“Integrating has not just made a difference, it is the reason we are able to be a family. The activities my child takes part in enables him to have a social life,

## Integrating Children and Young People... What we do

'Integrating' works with over 100 disabled children and young people each year, aged 5 to 25, largely in Durham City and Chester Le Street area.

### The Organisation

- Supports Disabled children to develop their social skills and confidence to be able to take part in leisure and recreational activities in their community.
- Help disabled young people to experience full and interesting lives
- Enables children and young people to improve and maintain their emotional well being.
- Helps Disabled children and young people to have fun and make friends

These outcomes are achieved through arranging community short based activities and supporting children and young people to take part in them.

### Our activities include:

Swimming	Ten pin bowling
Football training	Music
Digital Arts	Sportability
Going to watch a film	Going to a restaurant
Trips out	Disco's

As well as a full holiday programme of activities

By involving disabled children in mainstream activities we can help them to build key life skills such as confidence, friendships and being able to interact with others.

## Integrating Children and Young People... Why we do it

Our service users have a range of disabilities and we help to support them through any challenges they may encounter, here are some examples of the disabilities we support:

- Autism: a development disability which affects how a person communicates and relates to their environment.
- Downs syndrome: a genetic condition which results in a delay in cognitive ability such as language, learning, reasoning and problem solving.
- Cerebral Palsy: a condition which affects muscle control and movement. We work with children with quite severe disability requiring use of a wheelchair.
- Any recognised disability with in the U.K, we have worked with rare conditions and challenging behaviour.

The biggest challenges facing many disabled people and their families, who do not have access to organisations such as Integrating, can be isolation resulting in:

- Emotional concerns such as depression, a frequent condition we encounter before registration
- Poor physical health through spending their free time in the family home watching TV or playing game consoles.
- Poor understanding of community etiquette and lack of ability to socially interact.

We provide regular activities - 50 weeks per year - allows parents of children with disabilities to have a regular respite to spend time with other family members or participate in their own social activities.