



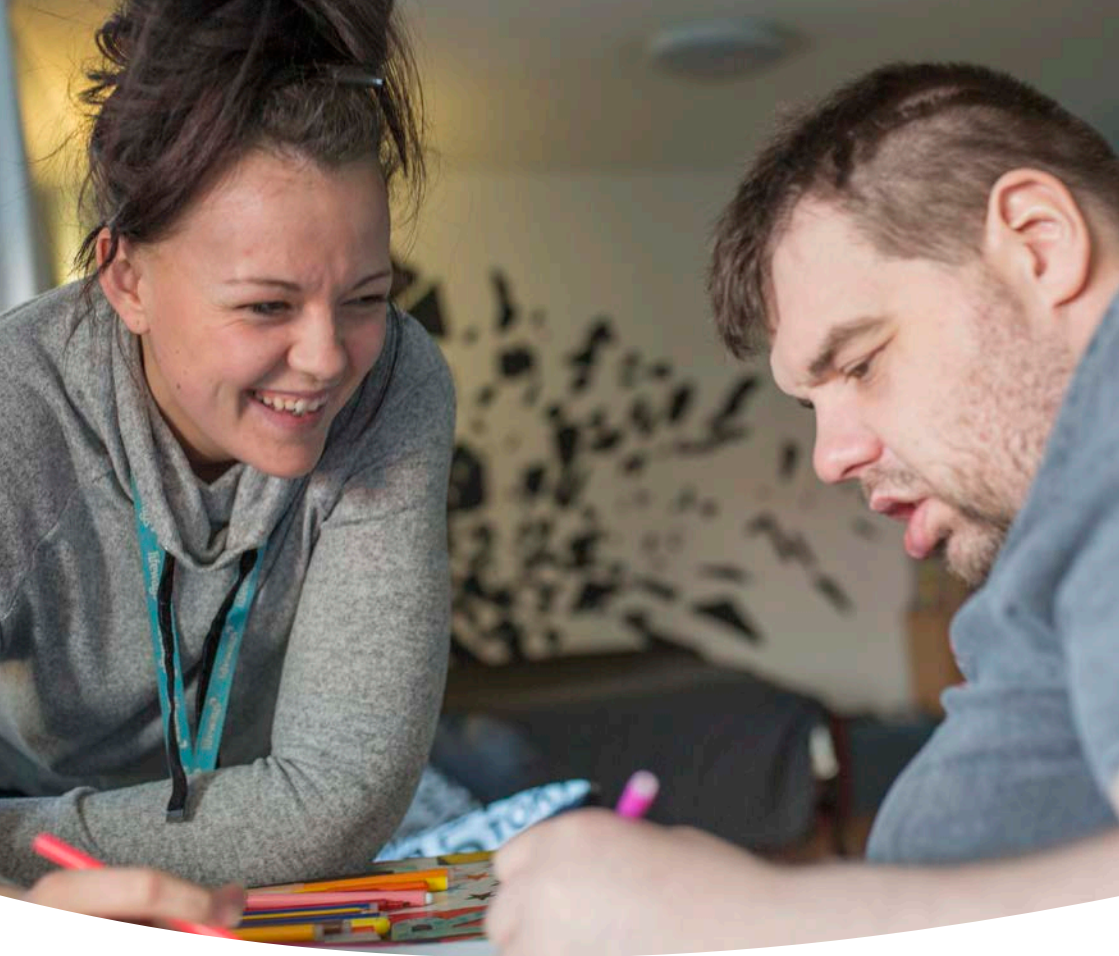
yes  
to independence

# Unity House

Peterlee, County Durham

Life-changing residential care  
at the heart of the community

**lifeways**  
yes to you



**“At Unity House the support is person-centred. It’s not a case of residents fitting in with staff – the staff create it so they fit around the individual needs of the people we support. Staff aim to give people the opportunity to live the life they want. All staff go above and beyond by taking people on holiday or to special events in their own time. It is a busy family environment. The house was named by the people who live here: Unity because they feel they have created a strong unit. One person recently said that they have never lived in a place where they have been treated so well.”**

Manager, Unity House

# Welcome to Unity House

**Unity House is a residential service ready to welcome new people and support them in leading an independent life.**

The property has level access as well as a lift for internal access to upper floors. There are twenty-one bedrooms, each with an en-suite with a shower. There are two communal bathrooms with water-resistant flooring – one has an accessible hydro bath with a chair. There are also two communal dining rooms, four living rooms, a main kitchen and a training kitchen, three laundry rooms, a sensory garden, and an arts and crafts room.

People also have access to an accessible garden with a patio and a BBQ for people to spend time outdoors when the weather is nice. Assistive technology can be tailored to suit the needs of each person and includes an intercom system, a fob system for the doors, and alarms in every room.



Life at Unity House is suitable for people with learning disabilities, physical disabilities, mental health conditions, epilepsy, and autism.

Unity House is ready to welcome a person of any age with a learning disability. The people we support here are aged between 20 and 67, and have a range of complex needs.

People’s interests include listening to music, watching television, gaming, shopping, cooking, bingo, karaoke, swimming, watching rugby and football, socialising, and being in the community.

At Unity House, people choose how they spend their time. Trips to the coast, Hartlepool, Newcastle and Sunderland are favourites. People also go on individual holidays every year.



# Valued in your community

**There is nothing more valuable than being an active part of the local community.**

Unity House is in Peterlee which has cafés, pubs, restaurants, a library, a post office, and Castle Dene shopping centre with a range of shops and high-street banks.

For people who like to stay active, Peterlee Leisure Centre has a gym, exercise classes, badminton courts, and a swimming pool. We are also close to the coast which has picturesque walks.

Sunderland is close by and offers the Empire Theatre, Sunderland Museum and Winter Gardens, the National Glass Centre, the Bridges Shopping Centre, an Empire Cinema, and Sunderland Bowl for bowling.

People also like to visit Durham which provides access to Durham Castle, Gala Theatre and Cinema, Durham Museum and Heritage Centre, Durham Market Places, Crook Hall and Gardens, and the Museum of Archeology.

## It's good to know...



We're in Peterlee which has a range of cafés, pubs, a library and a post office. Sunderland is only a twenty-minute drive.



Lidl, Asda and Costcutters are all close by.



The GP surgery and NHS dentist is less than one mile away.



There's a bus stop within a short walk, with routes into Peterlee, Seaham, Dalton Park, Horden, Durham and Sunderland.



The nearest train station is thirty minutes away by car, and has national services.



There is plenty of on-site parking available for people with cars.

# yes to friendships

**"Since living at a Lifeways service I have become more confident and independent. I am able to make everyday decisions with the help from my team, who support me in a consistent way; this is very important to me. My self-esteem has grown with the support I receive and I couldn't be happier."**

Person supported by Lifeways



# Five reasons to choose Lifeways

## **yes to stability.**

Our stability speaks for itself. Since 1995 we've grown to become the UK's largest provider of supported living for adults. So when you're comparing providers, it's good to know that our steadfast support is founded on over 25 years of proven outcomes.

## **yes to reassurance.**

Our size brings reassurance. It allows us to invest in our people and services. And it's the reason we've been able to open 900 new apartments in 65 communities since 2015. Everyone deserves unique support in a home they'll feel proud of – and that's exactly what we provide.

## **yes to local.**

Our hearts are in our local communities. We're proud to support people in more than 1,000 locations across the UK. But we're even more proud that every service is run by trusted local teams, each providing neighbourly support that feels close to home.

## **yes to relationships.**

Our people make all the difference. So we make sure everyone is valued and all of our support workers achieve the Care Certificate qualification. Over a quarter of our team have been with us for over five years and some have even been with us from the very beginning, helping to create rewarding relationships, improved outcomes and excellent continuity of care.

## **yes to quality.**

Our purpose is to improve lives. It's as simple as that. We help almost 5,000 people to live with hope and independence, with every member of our team sharing the same commitment to quality in everything we do. We hire the best in the sector into our highly skilled and dedicated Quality team, who work to ensure our CQC ratings are something we can be proud of.



yes  
to ambition

## **So what happens next?**

It all starts with an informal chat with one of our specialist assessors. Together with each individual, they will build a clear understanding of their needs and preferences, making sure that they make the choice that is right for them.

They'll then be on hand to guide individuals, families and professionals through the referral and assessment processes, and won't stop until the kettle's on, and the move is complete.

# Supporting people to live the life they choose.

At Lifeways, our focus is *you*. We want to become a trusted partner on your personal journey. Learning from the challenges you've already overcome, before tailoring our support to help you achieve more.

## Why Lifeways?

We believe that anyone can achieve the extraordinary. And that's why Lifeways exists. To understand every individual and support each different dream. Creating homes to feel proud of and places where lives feel fulfilled.

### Make a referral or arrange a visit

Learn more about independent living at Unity House, make a referral or arrange a visit by contacting Lifeways:

Call **0333 321 4881**

Email **[referrals@lifeways.co.uk](mailto:referrals@lifeways.co.uk)**

**lifeways.co.uk**

**lifeways**  
yes to **you**