



Sensory Support Drop in Clinic

For Adults who are partially sighted, blind,
Deaf or hard of hearing

1st Friday of every month

Drop in any time from 10am–12noon

- Pop in for a free coffee and a chat to Service Providers and like-minded people
- BSL Interpreters will be available to meet peoples communications needs
- We will offer assessments and signposting to relevant Support Services as well as monthly activities such as cooking demonstrations, physical activity sessions, mindfulness and much more
- Family and carers welcome, free refreshments available

Find out more at:

[middlesbrough.gov.uk/
age-friendly-middlesbrough](https://middlesbrough.gov.uk/age-friendly-middlesbrough)

We aim to improve accessibility to services and support at the Live Well Centre, as well as support in the local community.

The Live Well Centre
Dundas Arcade, Middlesbrough TS1 1HR

THE
LIVE WELL
CENTRE


Middlesbrough
moving forward


PUBLIC HEALTH


Independent
Living

Clinics will also help to increase social connections and improve health and wellbeing.