



# Stockton Independent Living Centre

Help you to find what you need



**Stockton-on-Tees**  
BOROUGH COUNCIL

**Adult Services**

Big plans for the care we provide

# What is Stockton Independent Living Centre (SILC)?

## A Centre Offering:

- Free expert advice, assessment and demonstration of equipment and adaptations available to people who may require care and support for their physical or sensory needs
- Equipment exhibitions and demonstrations
- Training facilities for a wide variety of groups to gain skills in the provision and use of specialist equipment

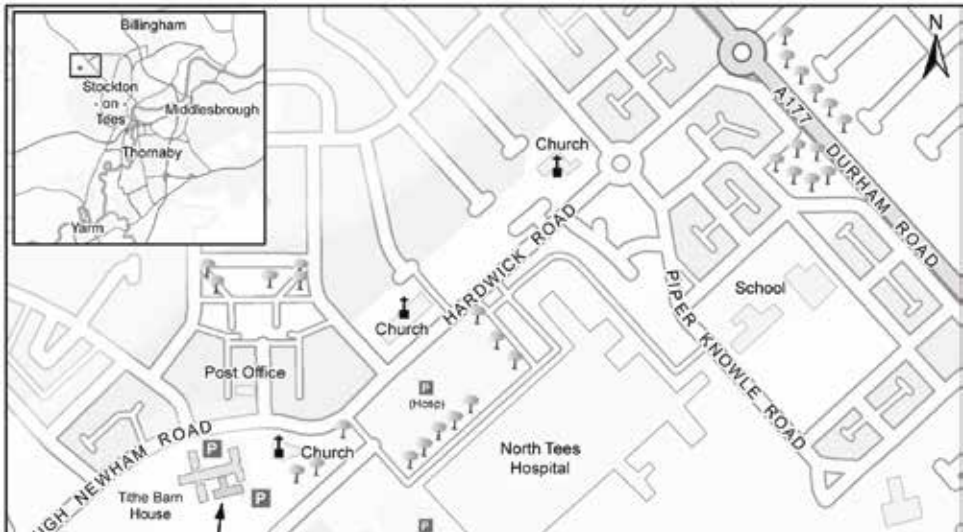
## Who is the centre for?

- Anyone who has a physical or sensory need and lives within the Borough of Stockton. This may mean you have (or know someone who has) difficulty such as:
    - Getting in/out of the bath
    - Getting in/out of a chair
    - Getting in/out of bed
    - Moving around your home
    - Auditory or visual loss.
  - Needs information on a wide range of specially designed equipment for people who are older or who have a disability
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## Who else can use the centre?

- Anyone who cares for a friend or relative, professionals who work within the caring area and also the general public
- We have a large and well equipped training room that professionals and voluntary groups may arrange to use as a venue
- The centre has ramped access and ample parking for visitors

## Where to find us



## Opening Hours

🕒 Monday, Tuesday and Thursday 9am - 5pm

## Contact Details

📍 Stockton Independent Living Centre  
Tithebarn House  
High Newham Road  
Hardwick  
Stockton-on-Tees  
TS19 8RH

☎️ 01642 524750

💻 [www.stockton.gov.uk](http://www.stockton.gov.uk)

💻 Tees Equipment Information point website  
[www.middlesbrough.gov.uk/tces](http://www.middlesbrough.gov.uk/tces)

Further information is also available from:

☎️ Stockton Health & Social Care First Contact  
01642 527764





If you would like this information in any other language or format  
for example **large print** or audio please contact  
01642 527764.

إذا كنت ترغب الحصول على هذه المعلومات بلغات أو بأشكال أخرى على سبيل المثال  
بالطبعة الكبيرة أو بالشريط المسجل فالرجاء الإتصال 'بدايفرستي تيم'  
على هاتف رقم 01642 527764

ARABIC

اگر شما این اطلاعات را به زبان یا شکل دیگری مثلا چاپ بزرگ یا بصورت صدا  
میخواهید لطفا با تیم دایورسیتی (گوناگونی)  
با شماره 01642 527764 به تماس شوید

FARSI

Si vous souhaitez obtenir ces informations dans d'autres langues ou sous un  
autre format, par exemple, en gros caractères / version audio, veuillez  
contacter l'équipe au n° 01642 527764

FRENCH

نه گهر جهزت لئ به نهم زانیاره به دهستت بکهوینت به زمانه کانی تر یان به شیوه به کی تر بو نمونه  
چاپی گهوره/بان به تیبی تو مارکراو نکابه په یوهندی بکه به 'تیمی دایفرستی'  
له سهر ژماره ی ته له فون 01642 527764

KURDISH

欲要這份資訊的其它語言版或其它版式例如大字體印刷/錄音帶，請  
致電 01642 527764 接洽 '多元化隊'

CHINESE

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਬਣਤਰ ਜਾਂ ਖੋਲੀ ਵਿੱਚ, ਵੱਡੀ ਛਪਾਈ ਵਿੱਚ ਜਾਂ ਟੇਪ/ਸੀ ਡੀ 'ਤੇ  
ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ  
ਫ਼ੋਨ ਨੰਬਰ 01642 527764 'ਤੇ ਫ਼ੋਨ ਕਰੋ।

PUNJABI

اگر آپ ان معلومات کو کسی بھی اور زبان یا انداز، مثلاً بڑے پرنٹ/آڈیو ٹیپ وغیرہ میں حاصل کرنا چاہیں، تو ڈائریکشن 'ٹیم'  
کو اس نمبر پر فون کیجئے  
01642 527764

URDU