

# Adult Short Breaks (ASB) 18+ years

The ASB service is delivered in partnership with the Southern Health and Social Care Trust Adult Learning Disability Teams. This services provides an alternative to traditional respite services by offering group residential (weekend and mid-week) breaks in a variety of venues across N. Ireland.

The aim of the service is to provide respite for carers, whilst offering ASB participants a range of meaningful activities and experiences.

We offer individuals the opportunity to socialise with peers and practice daily living skills, as well as experience some of the activities and locations Northern Ireland has

to offer. We tailor our support so that we can meet the needs of each participant within a group environment.

The service is funded by the Southern Health and Social Care Trust and operates in all 3 localities within the Trust. Currently there are a total of 65 Adult Short Breaks per annum.

**The Adult Short Breaks service offers short breaks of 2/3 days to up to 10 participants per residential. Referrals are made through the Southern Health and Social Care Trust Adult Learning Disability Teams.**



For more information

**Email:** [info@incredible.org.uk](mailto:info@incredible.org.uk)

**call today: 028 3887 2111**

*Company Limited by Guarantee, N162968  
Registered with The Charity Commission for Northern Ireland, NIC101118*

incredABLE individuals are empowered to make choices, discover talents, realise passions, and participate in community on their own terms. incredABLE deliver projects and services in the Southern Health and Social Care Trust Area.