

Our Services

PERSON-CENTRED DAY
SERVICES
MIDDLESBROUGH & TEES
VALLEY



At Teesside Ability Support Centre (TASC), every service is designed with one goal in mind: helping adults with disabilities enjoy a more active, independent and fulfilling life.

As a registered charity based in Middlesbrough, we provide a wide range of personalised day services that support physical health, emotional wellbeing and social inclusion. Whether members require specialist therapeutic support, personal care or simply a welcoming place to build friendships and enjoy new experiences, our experienced team is here to help.

Person-Centred Support That Puts Members First

No two people are the same, which is why every member receives support tailored to their individual needs, abilities and aspirations. Before joining TASC, we work closely with members, families, carers and professionals to understand the level of support required and create a personalised plan that encourages confidence, independence and meaningful participation.

Our experienced staff provide a safe, welcoming environment where every member is respected, valued and encouraged to achieve their own goals while enjoying life to the fullest.

INDIVIDUAL
Support built around each member

ACTIVE
Experiences with purpose

CONNECTED
Friendship, confidence and
community

Our Specialist Services

TASC offers a broad range of services that work together to support every aspect of our members' wellbeing.

Personal Care

Compassionate personal care that promotes dignity, comfort and independence, tailored to each member and delivered with respect, professionalism and kindness.

Hydrotherapy

A warm, supportive specialist pool at Acklam Road where members can improve mobility, strength, flexibility and confidence through water-based therapy.

Activities That Inspire

Arts and crafts, gardening, cookery, sensory sessions, Zumba, drumming, IT training, games, themed events and day trips that build skills, friendships and fun.

Freshly Prepared Meals

Nutritious hot meals every day, with alternative options available to suit dietary requirements, including Halal meals.

Rebound Therapy

Specialist equipment and trained staff provide a fun and effective way to improve balance, coordination, movement and overall wellbeing.

Accessible Transport

Safe, accessible travel to and from TASC, plus outings and activities within the local community.

**SIX WAYS TO SUPPORT A RICHER,
HEALTHIER AND MORE INDEPENDENT
LIFE**

More Than Activities - Every Experience Has A Purpose

Everything we offer has been carefully chosen to help members enjoy richer, healthier and more meaningful lives. While our activities are enjoyable and engaging, they also help maintain mobility, improve physical fitness, encourage communication, build confidence and support emotional wellbeing.

From learning a new skill to making new friends or simply enjoying time in a supportive environment, every experience contributes towards improving quality of life and promoting greater independence.



"WE DON'T DO BORING AT TASC."

Our services combine fun with purpose, creating opportunities for members to grow in confidence while enjoying every day.

Explore Our Services In More Detail

Each of our services has been developed to meet different needs while working together to support the whole person. Explore our dedicated service pages to learn more about Personal Care, Hydrotherapy, Rebound Therapy, Transport, Catering and the wide variety of activities available at TASC.

If you would like to discuss which services may be most suitable, contact our friendly team today to arrange a visit and discover how TASC can support you or your loved one.

MOVE

Maintain mobility and fitness

LEARN

Develop confidence and skills

BELONG

Build friendships and wellbeing



CARE
CONFIDENCE.
COMMUNITY.

Working alongside members,
families and carers.

Supporting Families And Carers

We understand that choosing the right day service is an important decision for families and carers. Our team works closely with everyone involved in a member's care to ensure support is consistent, personalised and responsive to changing needs.

Open communication, collaboration and genuine compassion underpin everything we do, giving families confidence that their loved ones are receiving high-quality care in a safe and welcoming environment.

Supporting Adults with Disabilities Across Middlesbrough & The Tees Valley

Location
Acklam Road
Middlesbrough, TS5 4EG
01642 818854

Get In Touch
East Middlesbrough Events Centre
Homerton Road, Middlesbrough, TS3 8QD

Monday to Friday - 9am till 4pm
teessideasc@yahoo.co.uk
01642 576900

ARRANGE A VISIT

Talk to our friendly team and discover how TASC can support you or your loved one.