

## Ambito In Plymouth

Ambito in Plymouth is a service providing support to disabled people at home, in a day service setting and in the community.

Located in the centre of Plymouth, people using the service access activities across the city as well as in our purpose-built day opportunities service.

### Contact us

We would love to hear from you.

For more information, please get in touch.

75-77 Cornwall Street, Plymouth PL1 1NS

The service manager can be contacted



01752 221002 or 07891931342



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Ambito provides personalised service and support to children and adults with a range of physical and learning disabilities and complex health needs. Our focus is always on 'ability' not 'disability'.



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## Day Service

Our purpose-built day service is fully accessible and was designed with the people we support in mind.

There is a low-level kitchen area where people are supported to make food and drinks and there is not a step-in sight!



Our care suite is registered with Changing Places and has a tracking hoist and changing facilities. The care suite is open to the public when the service is open so feel free to pop in if you need to use it!

Located in the heart of the city of Plymouth, the service has direct access to shops, the ocean and the local

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community. We have great links with the university, advocacy services and community groups.

The people who use our service are supported to take part in a wide variety of activities, both on and off site. These include:

- Boccia
- Bowling
- Dance
- Drama
- Arts and Crafts
- Seasonal activities
- Independence skills
- Visits to different towns and places
- Tea and coffee groups

All the people we support are encouraged to be involved in the design of the service, activity planning and writing their support plans.

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## Our Beliefs

We believe in the social model of disability. The model says that people are disabled by barriers in society, not by their impairment or difference.

Barriers can be physical, like buildings not having accessible toilets. Or they can be caused by people's attitudes to difference, like assuming disabled people can't do certain things.



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## Our Staff

Our highly trained social care support workers are experienced in providing high quality support for people using the service. They promote independence and equality.

Regular customer meetings mean everyone has a say in how the service is run



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## Location and Amenities

Ambito in Plymouth is located in Plymouth City Centre with access to local shops, cafes, restaurants and the busy Pannier Market. The excellent public transport links mean we can access the community via bus or train as well as facilitate day trips such as Tavistock or Paignton Zoo.



We regularly access activities at Plymouth Life centre, including bowling and Boccia. We work with other services to support people to attend discos, clubs and activities.

We can also support people with accessing college courses, work placements and maintaining family and friend/social connections.

Learning new skills is highly encouraged whether it is computer skills, tying a shoe lace or cooking a 3-course meal.



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## Transport

There are excellent public transport links to the service. Plymouth train station is only a 10-minute walk from the service and Plymouth CityBus, Access Plymouth and Stagecoach operate bus services locally.



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## Accessing Community

Our customers tell us where they want to go and what they want to. We also offer a 1-1 service and enabling which is becoming more and more popular. It also means that the game of pool in the pool hall or a walk around the Hoe in the sunshine is always accessible.



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Every day  
is a new  
Adventure

