



Paces Adult Services for Conductive Living





Welcome to Paces

Paces has been providing exceptional specialist support for adults with neurological movement disorders for many years. Our highly specialised Conductive Education approach allows us to raise the expectations and achievements of these individuals beyond what they, or others, may have believed was possible.

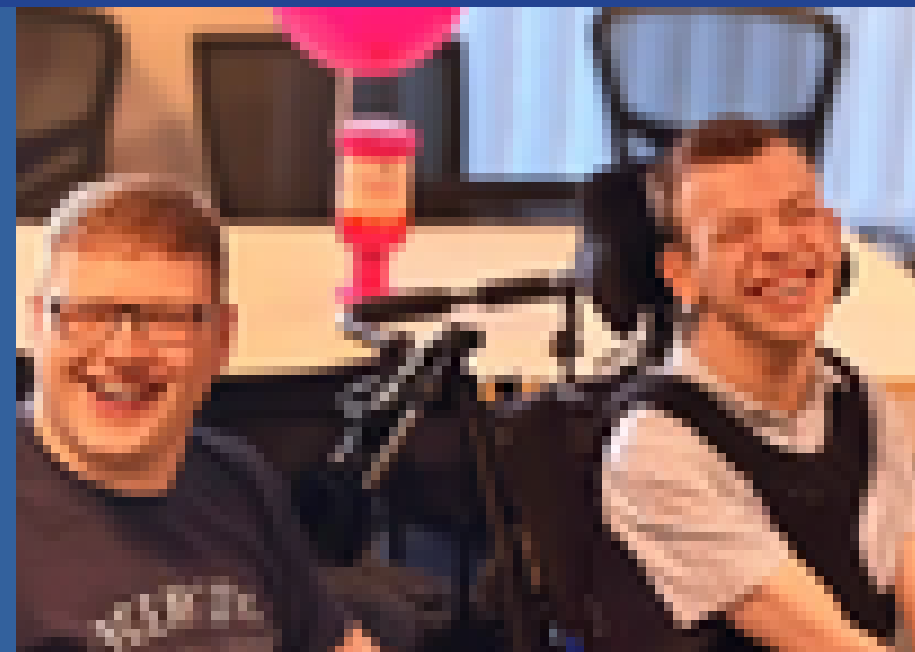
We passionately believe that learning does not stop when you leave school. Whether an individual has lived with a disability throughout their life or has an acquired disability, life-long learning is paramount to our entire ethos.

We believe that Conductive Education provides an exceptional philosophy for individuals with movement disorders which can be applied directly in hands-on Conductive Education teaching but can also be integrated across all aspects of home and work life.

It is our belief that every person with a neurological movement disorder has huge individual potential and the right to specialised services that allow them to realise that potential. Physical well-being, motivation, self-belief, and volition can be achieved whatever the extent of an individual's disability, and these are basic rights that must be nurtured.



Emma Parker
Senior Delivery Manager



Who can Benefit?

Conductive Education is a system of integrated education and therapy which can help any person with a neurological movement problem. Whilst Cerebral Palsy is the most common condition, there are also many people with genetic disorders, global developmental delay and other conditions who may benefit.

What is Conductive Education?

Conductive Education is an educational approach developed in Hungary by Dr Andras Peto. Dr Peto was motivated by his interest with the connection between body and mind. He designed Conductive Education to be a structure that incorporates education, therapy and academic learning into one comprehensive approach.

Conductive Education helps people achieve their potential by nurturing and developing an attitude to learning which is based on the simultaneous development of movement, function and personality. The desire to achieve, to be successful and to reach new goals is paramount in this process.

Conductive Education enables people to view themselves positively through meaningful activity. It assists them in problem-solving and learning strategies and techniques to approach the various challenges faced.





What we offer?

Physical Programmes

Our physical programmes are designed to support individuals in developing and maintaining the skills needed to achieve the highest possible level of independence in their daily lives. Through the principles of Conductive Education, activities are carefully planned to promote physical ability, functional movement, confidence, and problem-solving skills in a supportive and motivating environment. Each programme is tailored to meet the individual's abilities, goals, and aspirations, ensuring that everyone has the opportunity to participate meaningfully and work towards personal achievements. Participants are encouraged to actively engage in activities that challenge them appropriately, helping them to build strength, coordination, balance, mobility, and endurance while developing practical skills that can be transferred into everyday life.

By taking part in these programmes, individuals can experience a range of benefits, including improved physical wellbeing, increased confidence and self-esteem, enhanced independence, greater social interaction, and a sense of accomplishment. The structured yet supportive approach enables participants to recognise their progress, celebrate successes, and remain motivated to reach new goals.

At Paces, we believe that every individual has the potential to learn and develop. Our physical programmes provide opportunities for people to challenge themselves positively, experience success, and maximise their independence, empowering them to lead fuller and more active lives.



Independent Life Skills

Our Independent Life Skills programme focuses on developing the practical skills needed for everyday living, helping individuals to become more confident and independent in their daily lives. Activities may include shopping, cooking, baking, money management, meal planning, and other essential life skills that promote greater self-sufficiency.

Individuals are supported to learn and practise these skills in meaningful, real-life situations, enabling them to build confidence and apply their learning beyond the service. Through a person-centred approach, activities are tailored to individual goals, interests, and abilities, ensuring that everyone can participate and achieve success.

By developing these important life skills, individuals can increase their independence, improve decision-making and problem-solving abilities, enhance their confidence, and gain greater control over their day-to-day lives.



What we offer?



Multi-Sensory Experiences

Our Multi-Sensory Experiences programme is designed to support individuals with sensory needs through a range of fun, engaging, and meaningful activities. Using a variety of sensory stimuli, including sight, sound, touch, smell, and movement, individuals are encouraged to explore, interact, and learn in ways that are enjoyable and accessible to them.

Activities are often linked to current themes, projects, or events, helping to create opportunities for learning, communication, creativity, and social interaction. Sessions are tailored to individual preferences and needs, ensuring that each person can participate comfortably and gain the maximum benefit from the experience.

By taking part in multi-sensory activities, individuals can develop their awareness of the world around them, improve engagement and concentration, enhance communication skills, and build confidence while enjoying positive and stimulating experiences.



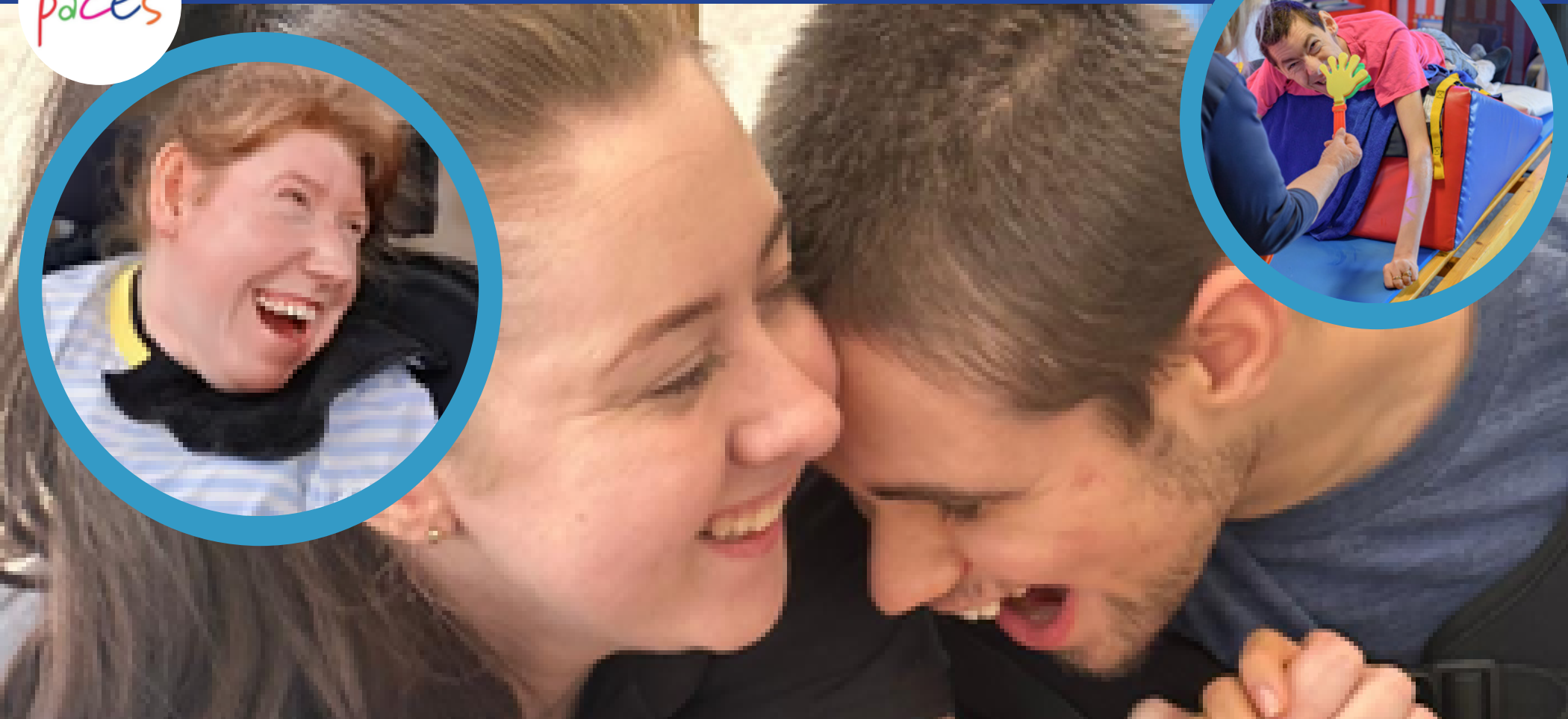
Trips, Visits and Community Opportunities

We believe that being part of the local community is an important aspect of learning, independence, and wellbeing. Our Trips, Visits and Community Opportunities programme provides individuals with the chance to explore new places, access local facilities, and take part in a wide range of meaningful experiences. Individuals can enjoy trips out into the community, visit local attractions, attend events, and participate in activities delivered in partnership with external organisations and agencies. We also welcome visitors into the service to provide new experiences, share knowledge, and support learning opportunities. These activities help individuals to develop confidence, social skills, communication, and independence while promoting community inclusion and increasing awareness of the opportunities available to them. Most importantly, they provide enjoyable experiences that encourage people to try new things, build relationships, and engage with the world around them.





Rebound



At PACES, our Rebound Therapy sessions are more than just trampoline-based activities. We combine the benefits of Rebound Therapy with the principles of Conductive Education, helping individuals work towards meaningful functional goals in a motivating, enjoyable environment. This unique approach encourages participants to actively develop skills, increase independence, and build confidence through movement.

What are the benefits?

- Improved movement and mobility
- Increased muscle strength and endurance
- Better joint health and flexibility
- Sensory benefits such as supporting sensory processing and improved body awareness
- Improves confidence and emotional wellbeing
- Communication and social development

Who is the service for?

This is an additional service offer available exclusively to individuals who access PACES Adult Services. It provides an exciting opportunity to enhance physical, sensory, and emotional wellbeing alongside existing activities. For any enquiries including the additional cost of this provision please contact Darren Walker:
darren.walker@pacessheffield.org.uk.





A typical day in the life of Paces Adult Services

A typical day might look like this:

9:00am – The day begins with a warm welcome from the team. We support each individual to settle in, catch up with friends and prepare for the day ahead.

9:00–9:30am

Time to get organised and ready for the morning, with personal care and support provided where needed. Individuals are encouraged to be as actively involved and independent as possible.

9:30–11:00am – Conductive Education & Movement

Our Conductive Education sessions focus on developing movement, mobility and everyday functional skills. Activities are tailored to each individual and may include standing, walking, transfers, stretching, coordination and purposeful movement.



11:00am–12:00pm – Snack, Social Time & Personal Care

A chance to relax, socialise and enjoy a snack together. We encourage choice and independence with eating and drinking, alongside opportunities to develop communication and social skills. Where appropriate alternative activities are offered which are often focused on building relationships and communication.

12:00–1:00pm – Lunch

Lunch is an important social part of the day. Individuals are supported to make choices, develop independence and enjoy time with friends, with personal care and support provided as required.

1:00–3:00pm – Activities, Skills & Experiences

Afternoons offer a varied programme designed around individual interests, goals and aspirations. This might include life skills, creative activities, sensory sessions, communication work, community activities, games or opportunities to develop greater independence.



03:00–3:30pm – Preparing to Go Home

We finish the day by supporting everyone to get ready for home, sharing information about their day and celebrating what they have achieved.

Throughout the day, our team provides personalised support with communication, mobility, personal care, eating and drinking and individual programmes. Most importantly, we create opportunities for people to make choices, build relationships, try new things and be active participants in their own day.



Communication Styles



Communication and Interaction

At Paces, we recognise that every individual communicates in their own unique way. We are committed to creating an inclusive environment where everyone is supported to express themselves, make choices, build relationships, and actively participate in daily activities.

Our team uses a range of communication approaches tailored to individual needs and preferences. These may include verbal communication, Makaton, visual symbols, communication boards, photographs, gestures, objects of reference, and electronic communication devices. We work closely with individuals, families, and other professionals to ensure communication methods are meaningful, consistent, and effective.

By providing appropriate communication support, we help individuals to develop confidence, increase independence, express their views and preferences, and engage more fully in their learning and everyday experiences. Communication is embedded throughout all areas of our service, ensuring that every individual has a voice and the opportunity to be heard.



Meet the team

Our dedicated and experienced team is passionate about supporting individuals to achieve their goals, maximise their independence, and enjoy meaningful experiences. Using the principles of Conductive Education and a person-centred approach, our staff work closely with each individual to provide encouragement, guidance, and opportunities for learning and development.

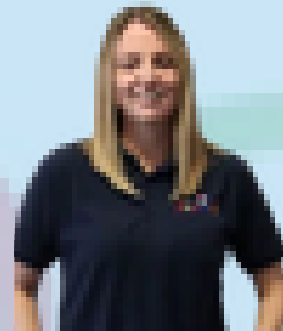
Our team brings together a wide range of skills, knowledge, and experience, creating a supportive, inclusive, and welcoming environment where everyone is valued and empowered to reach their full potential. We also work closely in partnership with a range of external professionals, services, and community organisations to ensure individuals receive the best possible support and have access to a wide variety of opportunities, care and experiences.



Ruth Liu
Chief Executive Officer



Tom Lane
Operations Director



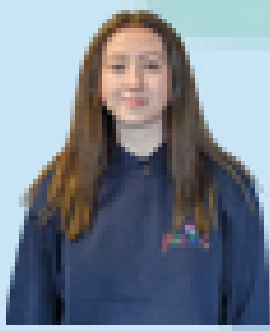
Emma Parker
Senior Delivery Manager



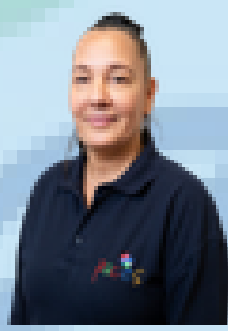
Darren walker
Adult Services Manager



Vera Takacs
Conductor



Emily Bond
Trainee Conductor



Tracy Unwin
Senior Conductor Assistant



Sally Wimhirst
Conductor Assistant



Kelly Challinor
Conductor Assistant



Lisa Robb
Conductor Assistant



Vicki Collier
Conductor Assistant



Maria Chambers
Conductor Assistant



Kathrine Else
Conductor Assistant



Benjamin Atiso
Conductor Assistant



Rachel Mckenzie
Conductor Assistant



Fiona Oldfield
Conductor Assistant



Zoe Trickett
Conductor Assistant



Elise Hendzell
Charity Administrator





How to apply and Contact us?



How to apply?

Step 1. Contact us and fill out our application form via QR code below or contact darren via email on: darren.walker@pacessheffield.org.uk or via phone on: 01145510400

Step 2. Arrange a free individual assessment with our Conductors

Step 3. Identify individual goals

Step 4. Arrange a free taster session



Contact

Address:
Paces Sheffield
Buisness Park
Unit 4 Smithy Wood Drive,
Ecclesfield
Sheffield
S35 1QN

T:0114 5510400

E: emma.parker@pacesheffield.org.uk

W: <https://www.pacesheffield.org.uk>



Charity No: 1104356
Company No: 4793176
DfE Reg No: 373/7044



Paces Adult Services for Conductive Living

