

## Tailored Leisure Co

Tailored Leisure Co is a provides leisure services for people with physical limitations: from luxury short breaks for families with a disabled person, to at-home exercise tailored to different ability levels. They are run by people with disabilities, for people with disabilities. They offer:

- private venues dedicated to people with disabilities
- high quality facilities catering for all levels of mobility and independent movement
- support volunteers to assist family members and carers
- online classes for exercise at home

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**Telephone:** 07861 247 658

**Email:** [tailored.leisure@gmail.com](mailto:tailored.leisure@gmail.com)

**Facebook:** <https://www.facebook.com/TailoredLeisureco/>

**Cost:** There may be a cost to this service/support

**Address:**

Whitburn  
South Tyneside

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