

What we offer

Echo offers a wide variety of activities that include individual sessions, group work and the opportunity to work with a range of supportive agencies

All activities are aimed at supporting people's condition to either maintain or re-learn skills

All activities are delivered with fun and enthusiasm and range from exercise, yoga, music, gardening, cooking, craft, quizzes and lots more!

A fully trained team that will support your needs offering an individual approach

“

This is a safe but open environment to be yourself and enjoy the company of other like-minded people, I feel comfortable to talk to staff as they always try to support me and find solutions”



Contact information

Book an appointment to come and have a look around the centre and meet the staff and other clients.

Address:

Echo Centre, Barras Place,
Liskeard PL14 6AY

Telephone:

0300 303 2130, option 5
then **option 1.**

Email:

Echo@corservcare.co.uk



Echo Centre

POSITIVE ABOUT DISABILITY

E Enabling
C Camaradarie
H Humour
O Opportunity



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The Echo Centre is a unique service supporting people with physical disability, brain injury, cognitive impairment and long-term health conditions.

- It enables the opportunity for respite for family or carers
- A purpose-built facility for adults aged between 18+ years
- The centre is open Monday to Friday 9:30am until 3:30pm
- The centre uses equipment that will help or support your condition

“

Staff are friendly and welcoming. I enjoy the social interaction and activities. Without Echo my condition could easily deteriorate quicker”



What we aim to do

- Support, enable and strengthen your skills
- Help improve balance, posture, health and well-being
- Challenge the mind to help develop memory and confidence
- Look at different approaches that are person-centred to break down the barriers and promote independence
- Support physical needs, encouraging healthy eating, exercise and mindfulness.



“

It is nice not to be judged and to be accepted, I am treated as ‘me’ and not a someone with a condition that people often don’t know what to say to me!”

