



Dementia Day Opportunities North Warwickshire

About Dementia Day Opportunities

Age UK Coventry and Warwickshire's Dementia Day Opportunities is centred around four core principles that have been designed to support the Care Act 2014.

Person-Centred Support Plans

Each person receives an assessment to create a personalised, holistic support plan, developed with them, their family, and carers.

Cognitive Stimulation Therapy (CST)

CST is an evidence-based treatment recommended by the National Institute for Clinical Excellence (NICE) for people experiencing mild to moderate dementia or memory problems.

Physical Activity

Each session features physical activities tailored to each person's mobility, preferences, and safety needs.

Balanced Light Lunch

We provide a balanced light lunch with choices to suit dietary needs. Snacks and drinks are available throughout the day to support comfort and energy.

Who can attend?

We welcome anyone who:

- Has a diagnosis of dementia or currently going through a memory assessment
- Is able to participate in activities and interact with fellow group members
- Lives in North Warwickshire, South Warwickshire, Rugby or Nuneaton and Bedworth
- Is sufficiently mobile to access transport and move safely around building-based support.

We meet with all prospective members to ensure our support can be tailored to their interests and needs.

This service does not provide personal care.

When does the group meet?

Every Monday and Wednesday from 9am - 3pm.





**Penmire Close,
Grendon, CV9 2PU**



Meet the team!

At our North Warwickshire Dementia Day Opportunities, our team is made up of highly experienced staff with diverse personalities, hobbies and interests.

This variety helps us create a fun, caring and vibrant environment, where every member can enjoy a positive and engaging day at our centre.

Get in contact with our NW Team Leader:

 **07967 315 294**
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