



# Dementia Day Opportunities Rugby

# 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, Tuesday, Wednesday and Thursday from 9am - 3pm.





**The Claremont Centre  
Rugby, CV21 3QE**



## Meet the team!

At Rugby 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 Rugby Team Leader:**



**07967 315 294**



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