



Dementia Day Opportunities Warwick & Henley

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 together 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?

Warwick: Every Wednesday and Friday from 9am - 3pm.

Henley: Every Tuesday and Thursday from 9am - 3pm.





**St James Court,
Warwick, CV34 4PD**



**Dell Court, Henley-
in-Arden, B95 5FW**



Meet the team!

Hi, I'm Maureen and I've been working with people living with dementia since 2003. I pride myself, and my highly experienced team, on delivering person centred support.

I find my job extremely rewarding, as it makes a difference to people's lives.

In my spare time I enjoy travelling, National Trust visits and gardening.

To get in contact with Maureen:

 **07780 684 383**

 **Warwick.DayOps@ageukcovwarks.org.uk**

